May 22, 2023
God Bless America

Woman's World

Make it a great week!

THYROID WOW!

Research: 12¢ herb revives an aging gland

GET MORE *FOR LESS!*

Flea market pros reveal how to score your biggest bargains EVER

News from Italy! Your *fingernails* reveal the secret

YOUR CURE FOR OVER-50 TIRED

SHE LOST 105 LBS AT AGE 68

Discover the high-protein ice cream that speeds metabolism by 498%

LOSE 15 LBS A WEEK

"It's fun, easy & can change your life!"

—Stacy Cronin Pattison, who lost half her weight & got off 23 meds!

Drugstore fix saves you $750+

FAST RELIEF for ACHY FEET

BYE BYE FALSE FAT!

The $10 gem that makes water weight disappear… instantly!

British scientists: Take a picture of *this* to reboot your brain to 'joy mode'

WORRY ENDER

Say 'yes' to creamy bliss!

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Fill your week

THURSDAY, MAY 25 NATIONAL WINE DAY

Kick back and relax

Toast to this holiday with a light and fruity sangria made with white wine!

To make Berry-Mint Sangria: In a large pitcher, using the handle end of a wooden spoon, muddle 2 mint sprigs with ½ cup of peach schnapps. Add 1 (750 ml.) bottle of white wine. Stir in ½ cup of sliced strawberries, ½ cup of fresh raspberries and 1 sliced lemon. Cover and chill at least 4 hrs. When ready to serve, remove muddled mint sprigs and add 1 (12 oz.) can of lemon-lime soda. If desired, stir in fresh mint sprigs. *Makes 6 drinks*

JOKE OF THE WEEK

The 'tooth' hurts

A woman and her husband are at the dentist. The woman tells the dentist, "I don't have time for anesthesia; just hurry up and pull it." The dentist is shocked by her comment, but still replies, "You sure are a brave woman. Just show me which tooth it is and you'll be on your way." The woman nods and turns to her husband. "Open your mouth, honey."

SUNDAY, MAY 21
STRAWBERRIES & CREAM DAY

Bite into bliss

Celebrate strawberry season with a berries-and-cream cake!

To make: Heat oven to 350°F. Prepare 1 pkg. of red velvet cake mix as directed, adding 1 tsp. of strawberry extract. Bake in 2 greased 9" round cake pans until done, about 20 minutes. Let cool. Using mixer on medium speed, beat 2 cups of heavy cream with ¼ cup of sugar until stiff peaks form, about 2 minutes. Place 1 cake layer on platter. Spread 2 cups of cut strawberries and half of whipped cream mixture on top. Add second cake layer, whipped cream and 2 cups of berries.

FRIDAY, MAY 26
NATIONAL ROAD TRIP DAY

Take a joyride

Driving to an out-of-town spot today can leave you feeling great—even if it's a short trip, say researchers at University College London. In their study, people who regularly traveled 15 miles outside of their local areas felt healthier than those who stayed close to home—and this was particularly true for those over age 55. Why? While older adults tend to be at a higher risk for issues like loneliness, those who venture outside of their comfort zone tend to visit more places and catch up with loved ones on a regular basis—factors that are key to improved mental and physical health.

HELP A HERO!

Share your gift cards!

Do you have Visa, Target or Walmart gift cards to spare? If so, send them to American Military Family! The nonprofit organization will use them to buy essentials for troops, veterans and their families who are going through tough times. Mail cards to American Military Family, P.O. Box 238, Firestone, CO, 80520.

with smiles!

TUESDAY, MAY 23 LUCKY PENNY DAY

Look for luck

Picking up a penny you find may be the boost of good fortune you need—all you have to do is believe it is! “What research shows is that when we have a superstitious belief that something is lucky, it actually boosts our performance,” says Gretchen Rubin, author of *The Happiness Project*. “So if they give somebody a golf ball and they say this golf ball is lucky, people tend to hit better.” But having a lucky charm isn’t the only way to boost your luck! “It comes from a belief that you can do things that can change your circumstances,” says Rubin. Even chatting with a stranger could lead to new information or an unexpected connection!

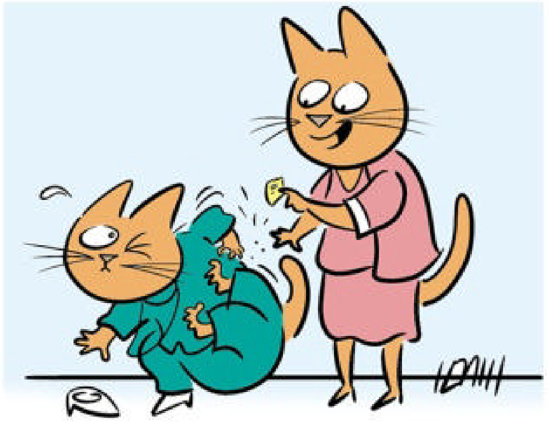
SATURDAY, MAY 27 NOTHING TO FEAR DAY

Confidence—found!

This uplifting holiday is all about overcoming your fears! The best way to do so? Talk about them with a friend or loved one, say researchers in the journal *Psychological Science*. They asked 88 participants with a fear of spiders to get as close as they could to a tarantula, then encouraged them to talk about how they felt about the experience. When asked to approach the spider again a week later, the volunteers who had previously shared their emotions got closer to the spider and showed fewer signs of fear compared to those who had only made neutral comments. The researchers theorize that labeling our emotions, instead of ignoring them, allows us to experience the fear in another context so it’s less scary later.

Shutterstock (4); Getty (2). Text: Shay Trotter

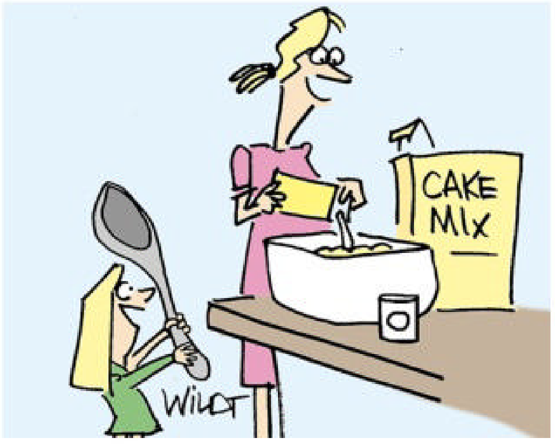
Start your week with a Laugh!



“Good news, it’s not a flea. You left the tag on”

Q Why do bees have sticky hair?

A Because they use a honeycomb



“I’ll do the cleanup if you let me lick the spoon. . . I even brought my own spoon!”

Kids are fUnNy!

During an afternoon of shopping at the store with my 4-year-old son, Jake, he asked me to buy him a toy. I said, “No toy today—your birthday is just around the corner!” He got really excited and began looking all around the aisles. Finally he asked, “Which corner?”

—*P.L., Lakewood, CO*

Relax and have

Barbara Niven plays Delores in this new murder mystery

HALLMARK

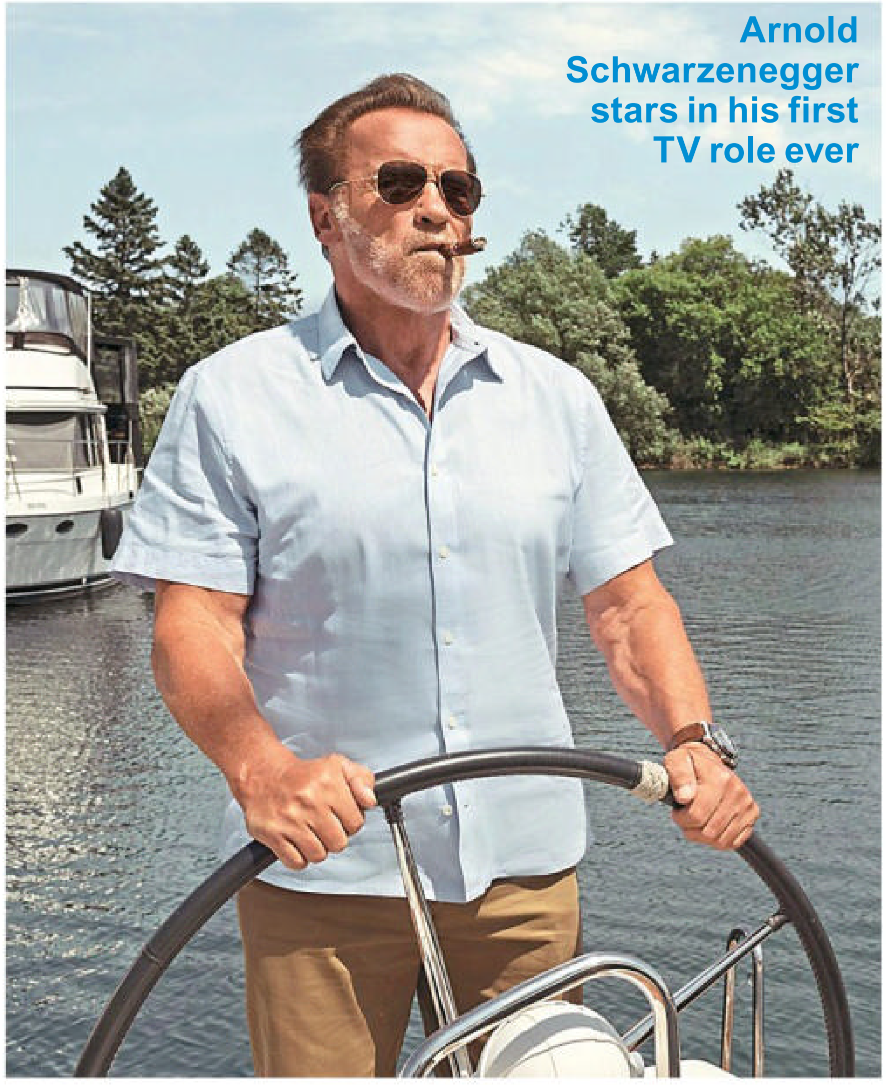
Uncover the secrets with *Carrot Cake Murder*!

Twists and turns abound when a skeleton found amid the rubble of a building reveals that one of Lake Eden's beloved citizens is not who he claimed to be. Hannah Swensen investigates the case on her own, much to the dismay of her fiancé, Detective Mike Kingston. As she tries to piece together the events that led to the murder and to learn the victim's true identity, Hannah calls on her mother, Delores, to help bring the killer to justice and discover the truth. See *Carrot Cake Murder: A Hannah Swensen Mystery* on May 21.

NETFLIX

Go on a wild ride with *FUBAR*!

Get ready for some action and adventure with this comedy spy series that stars Arnold Schwarzenegger as Luke Brunner, a veteran CIA operative posing as a regular guy who shockingly discovers that his daughter, Emma, has also been an undercover CIA agent for years. When their assignments converge and they're forced to work together as partners, it's a high-stakes yet relatable father-daughter clash that complicates a dangerous global mission. It also wreaks havoc on their already complicated family dynamic. Stream it May 25.


Arnold Schwarzenegger stars in his first TV role ever

Seth Rogen *(left)* and Rose Byrne *(right)* star as friends Will and Sylvia

APPLE TV+

Have a good laugh with *Platonic*!

Put a smile on your face with this comedy series that explores the ins and outs of a platonic friendship. After a falling out, former childhood best friends, Sylvia and Will, find their lives going in different directions. But when their paths accidentally cross again, they decide to try reigniting their friendship. The resulting "relationship" becomes all-consuming and hilariously off-balanced, causing them to completely reexamine their life choices. Stream it on May 24.

Getty (2); Everett Collection (2); Shutterstock (2); Rob Pryce; Christos Kalohoridis/Netflix; Apple TV+; Greg Gayne/FOX

fun this week

FOOD NETWORK

***(From left)* Judges Damaris Phillips, Duff Goldman, Carla Hall and host Jesse Palmer pick a baker to win $25,000!**

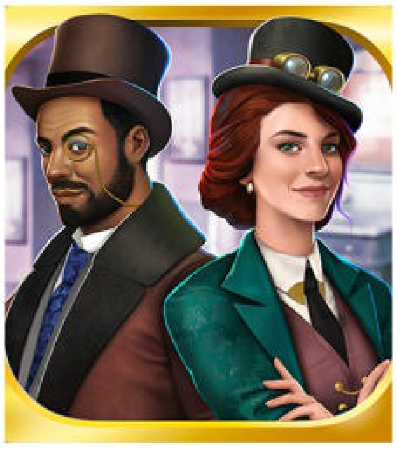
Be inspired with *Summer Baking Championship*!

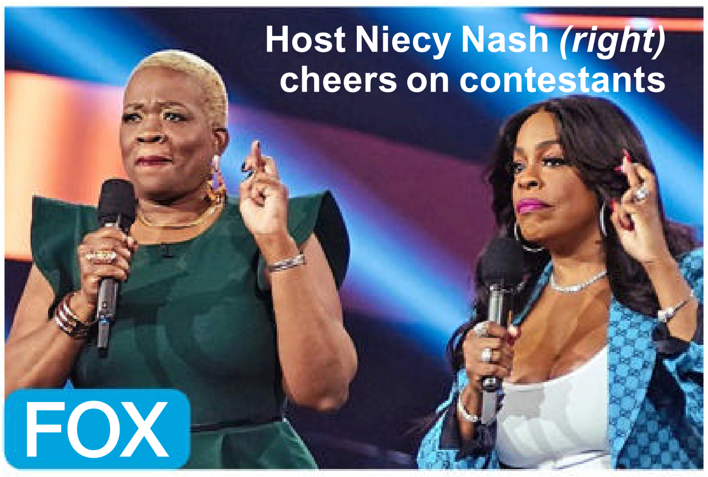
The kitchen heats up with this summertime baking competition that finds 10 talented bakers from around the country facing off in unique challenges that feauture the flavors, ingredients and celebrations of the season. Their skills are put to the test with challenges like creating donuts that resemble water floaties, pink desserts for the upcoming *Barbie* movie and a two-tiered cake that resembles a Fourth of July parade float. The top baker will earn a $25,000 grand prize! Premieres May 15.

GAME APP

Train your brain with *Criminal Case: Mysteries*!

Show off your detective skills with this hidden object adventure game set in the city of Concordia in the 19th century. In the game, the local police department is filled with corruption, so you'll partner with two members of the Concordian Flying Squad, Maddie O'Malley and Isaac Bontemps, to investigate crime scenes for clues. You'll get a list of objects to find in the photo and when you uncover them all, you'll bring suspects in for questioning, analyze evidence and catch the criminals. Download on the Apple App Store or Google Play.





Host Niecy Nash *(right)* cheers on contestants

FOX

Sing along with *Don't Forget the Lyrics!*

Reminisce with songs you love on season two of this game show that'll challenge your musical memory. Contestants choose songs from different genres, decades and musical artists, then take center stage to sing with the band as the lyrics are projected on-screen—but when the words disappear, will they sing the correct lyrics or freeze under pressure? If they sing nine songs correctly, they can attempt the final challenge for the top prize. See it May 23.

It happened *this week!*

- ***Star Wars: The Empire Strikes Back*** was released in 1980. They built a real Millennium Falcon for the film!

- **Sugar Frosted Flakes** were introduced in 1952 by Kellogg's and were 29% sugar.

- NBC re-ran the final graduation episode of ***Saved by the Bell*** to launch the spin-off, *Saved by the Bell: The College Years.*

THE FREEWHEELIN'
BOB DYLAN

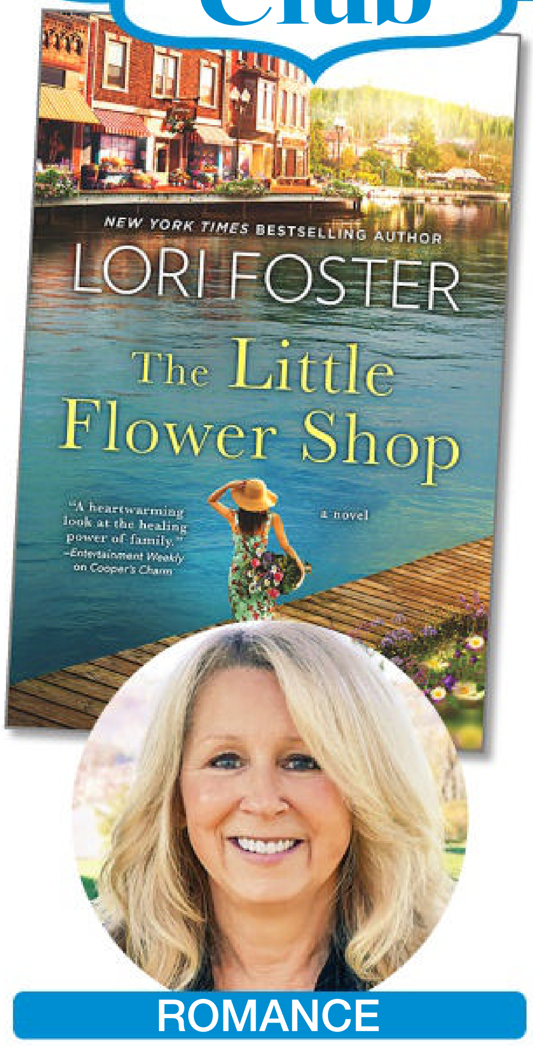
- Bob Dylan's second album, ***The Freewheelin' Bob Dylan,*** was released in 1963. 11 of the 13 songs are his originals.

- **Scrabble** was licensed and started being sold in stores in 1952. Just two years later, it had sold nearly 4 million sets!

Woman's World Book Club

This week's best new books

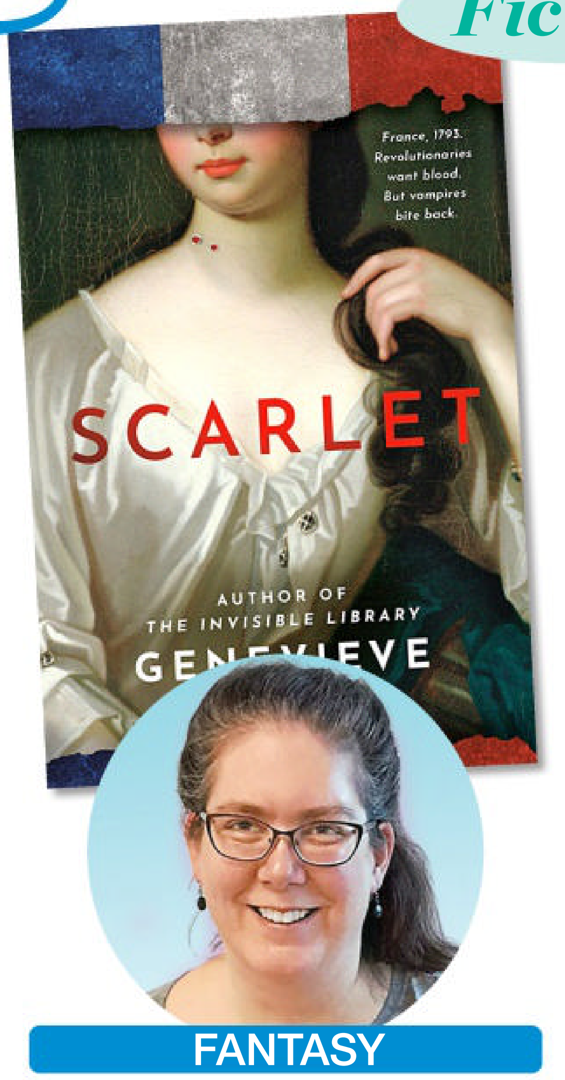
Fiction


NEW YORK TIMES BESTSELLING AUTHOR
LORI FOSTER
The Little Flower Shop
a novel

ROMANCE

The Little Flower Shop
by Lori Foster

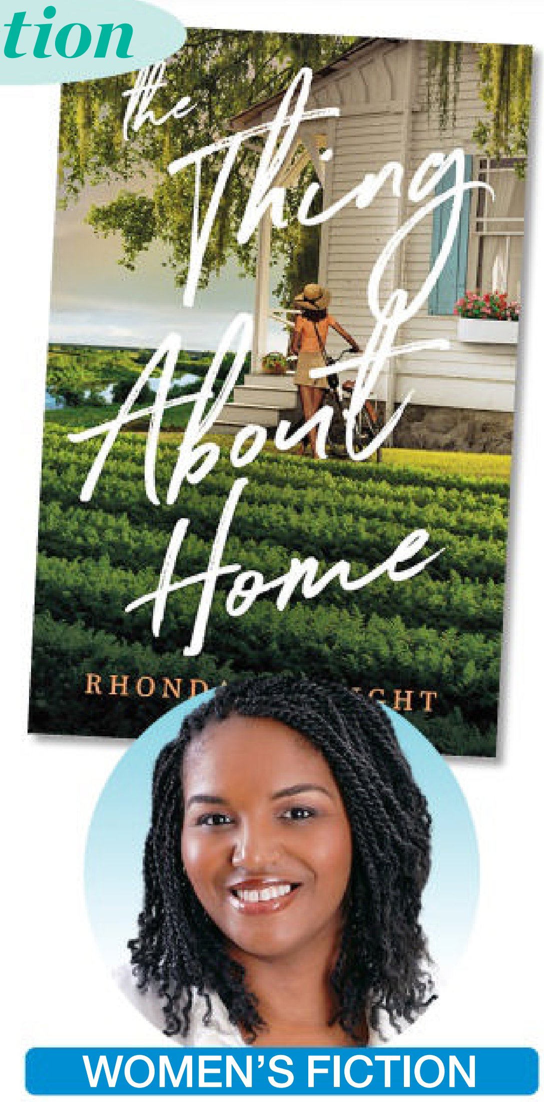
Filled with heartfelt moments and charming characters, this sweet saga stars Emily Lucretia, known as "the flower lady." Since her divorce, love and romance have taken a back seat to the busyness of her flower shop. Saul Culver, owner of the local BBQ joint, has feelings for Emily, but the town is determined to help her find Mr. Right. Now, Saul must convince Emily—and the town—that he's the real deal.


France, 1793.
Revolutionaries want blood.
But vampires bite back.
SCARLET
AUTHOR OF THE INVISIBLE LIBRARY
GENEVIEVE

FANTASY

Scarlet
by Genevieve Cogman

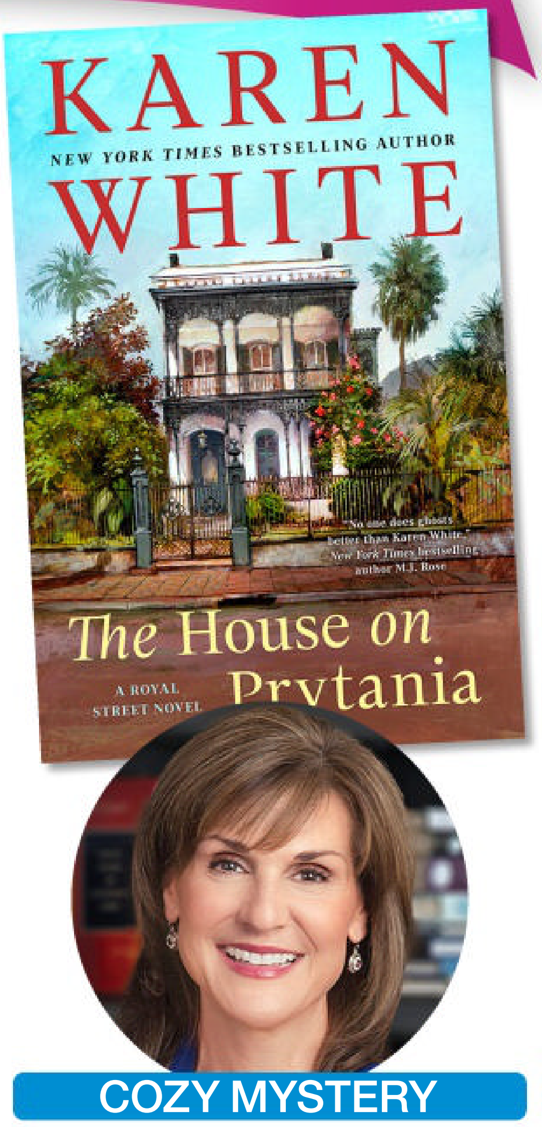
In this reimagined version of the classic tale of *The Scarlet Pimpernel,* readers are taken to the French Revolution in 1793…only this time, war rages between vampires and their enemies. Scarlet Pimpernel, a disguised British noble, and his League are rescuing aristocrats from execution. Eleanor Dalton is working as a maid on the estate of a vampire baroness. Eleanor joins forces with Scarlet and faces danger and magic!


the Thing About Home
RHONDA MCKNIGHT

WOMEN'S FICTION

The Thing About Home
by Rhonda McKnight

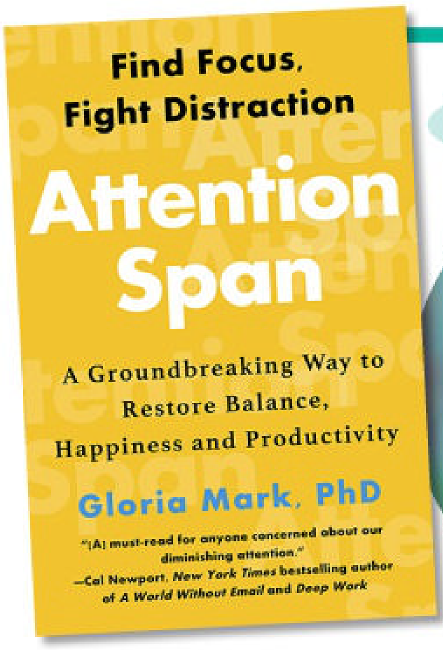
This emotional, beautifully written story stars Casey Black, who needs an escape after being left at the altar. With her life in shambles, Casey runs from New York to South Carolina's Lowcountry to find her long-lost family. She soon discovers her legacy through her great-grandmother's journals. Then sparks fly with handsome farm manager Nigel. A lovely, picturesque story about family, forgiveness and second chances.


KAREN
NEW YORK TIMES BESTSELLING AUTHOR
WHITE
The House on Prytania
A ROYAL STREET NOVEL

COZY MYSTERY

The House on Prytania
by Karen White

Bestselling author Karen White has penned dozens of engaging novels—and her latest story is a gripping whodunit. Nola Trenholm knows something is awry when she feels spirits in her Creole cottage. Then the charming Beau Ryan asks Nola for help doling out justice to those he blames for kidnapping his sister. Soon, Beau and Nola learn why the ghosts haunt her house, and they must team up to fight a common enemy!


Find Focus, Fight Distraction
Attention Span
A Groundbreaking Way to Restore Balance, Happiness and Productivity
Gloria Mark, PhD

Nonfiction

Attention Span: A Groundbreaking Way to Restore Balance, Happiness and Productivity *by Gloria Mark, Ph.D.*

In a world where technology overuse drains us, we often find ourselves pining for a digital detox. To the rescue: psychologist and author Gloria Mark, Ph.D.'s new book, which delivers advice for restoring balance and joy amid daily tech use. In it, she shares results from decades of research on how technology affects our attention span. She offers easy tips to minimize tech damage—like planning for 20 minutes of daily contact with nature—so you can feel refreshed *and* focused again.

> **"We can learn to use our personal devices in a way that does not induce stress, where we feel positive, balanced and productive"**

Mason Combs; Marchet Butler

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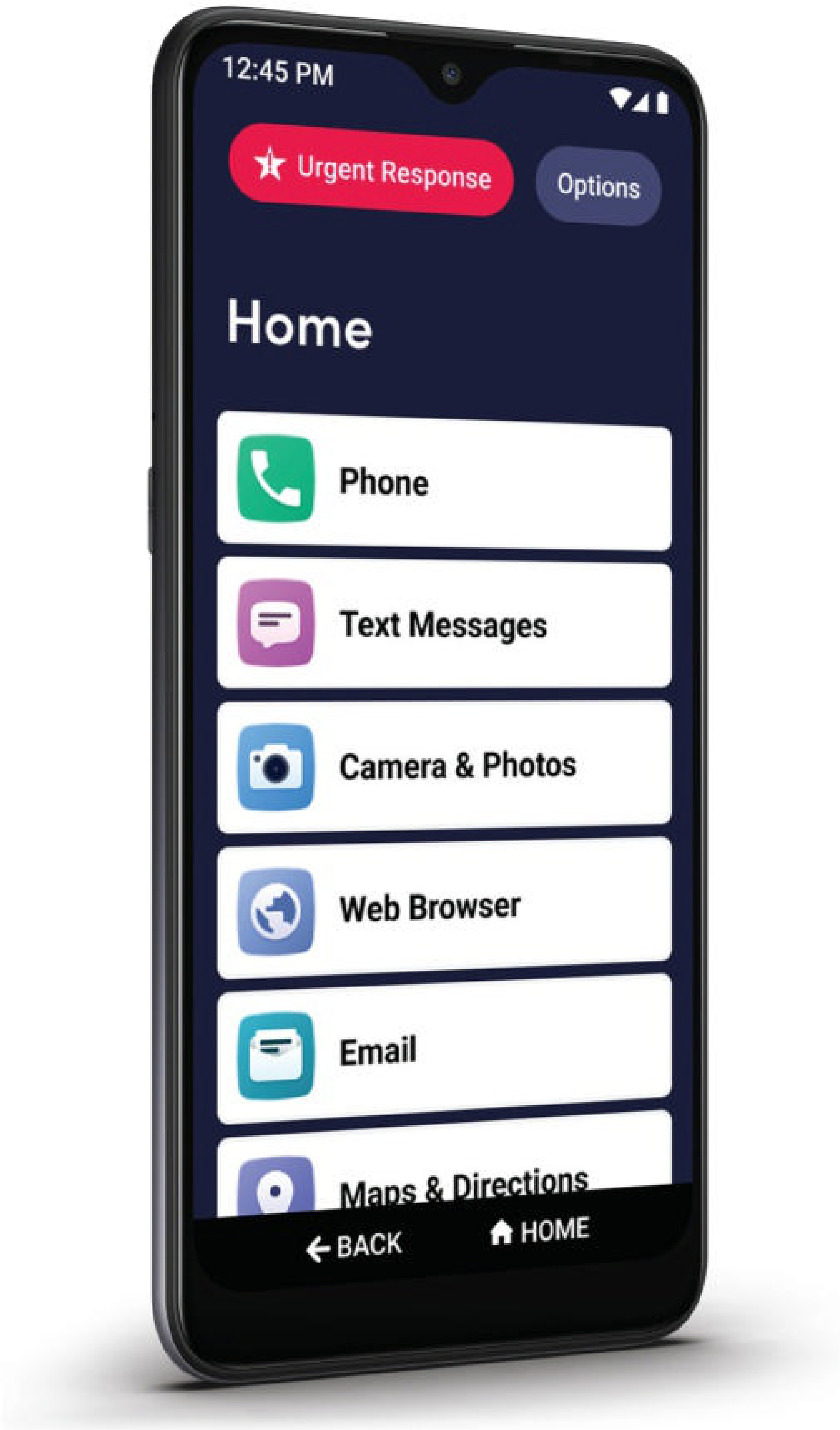

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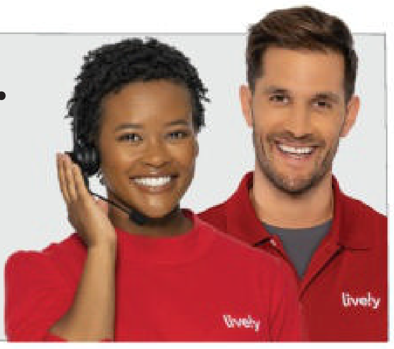
- We can alert family members in an emergency



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Lift your spirits

Brighten up your mood and your summer style with pretty, colorful pops of this classic, cheerful pattern

Katie Couric

Playful heart-shaped earrings boast a gingham bow for a touch of whimsy
$32, Canvas Style (CanvasStyle.com, "Piper Rattan & Gingham Heart Drop Earrings in Fuchsia")

Steal Katie's style!
Dress' bright orange print imparts a gorgeous glow onto skin

Get the look for less:
$22, ASOS (ASOS.com, "Wednesday's Girl Puff Sleeve Midi Smock Dress with Tiered Skirt in Bright Gingham")

Steal Sutton's style!
Bold blue matching top and pants set directs the eye up and down for a long, lean look

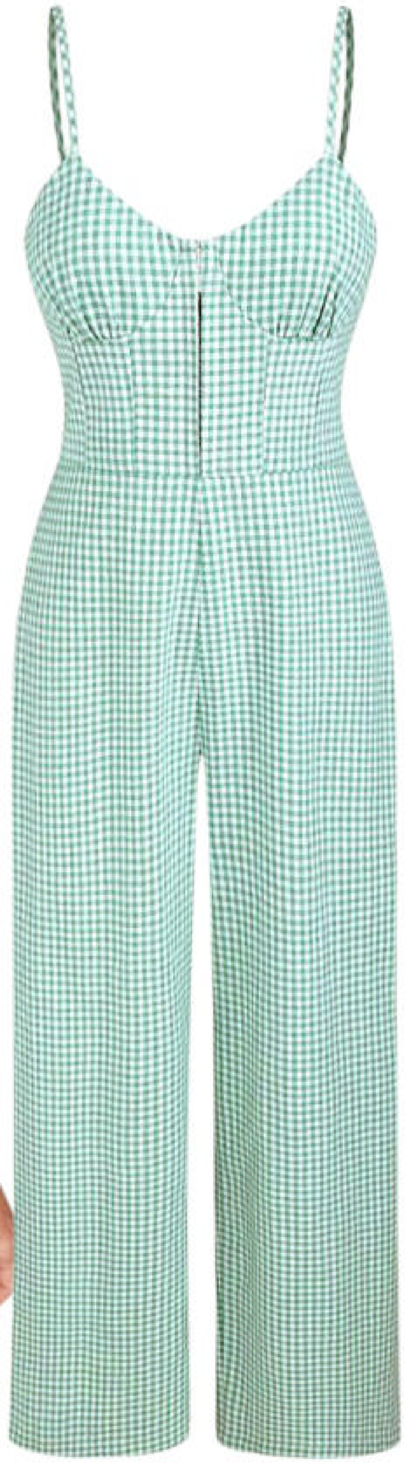
Get the look for less:
$40, Chadwicks (Chadwicks.com, "Sleeveless Gingham Pant Set")

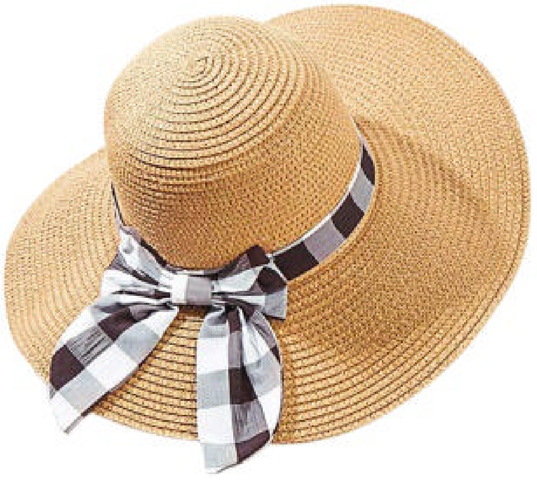
One-piece's side ruching whittles the middle while its gingham print masks belly bumps
$53, J. Crew Factory (JCrewFactory.com, "Gingham V-neck One-Piece Swimsuit")

Lightweight yellow sandals slip on and off with ease—perfect for on-the-go
$26, New York & Company (NYandCompany.com, "Kamari Slide Sandal")

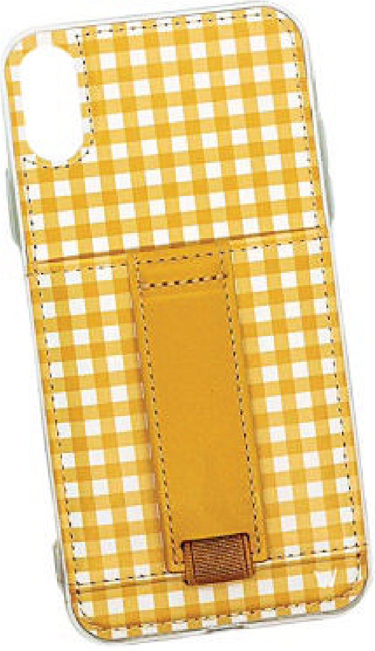
Sutton Foster

with gingham!



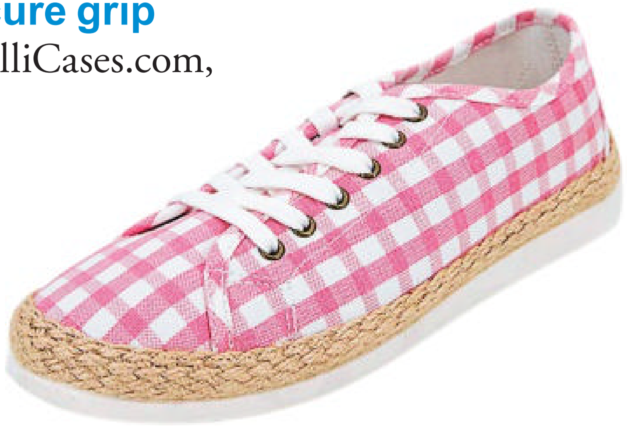


Bow-wrapped straw hat shields the face on sunny days with retro style ▶
$6, Shein (Shein.com, "Plaid Print Bow Decor Straw Hat")

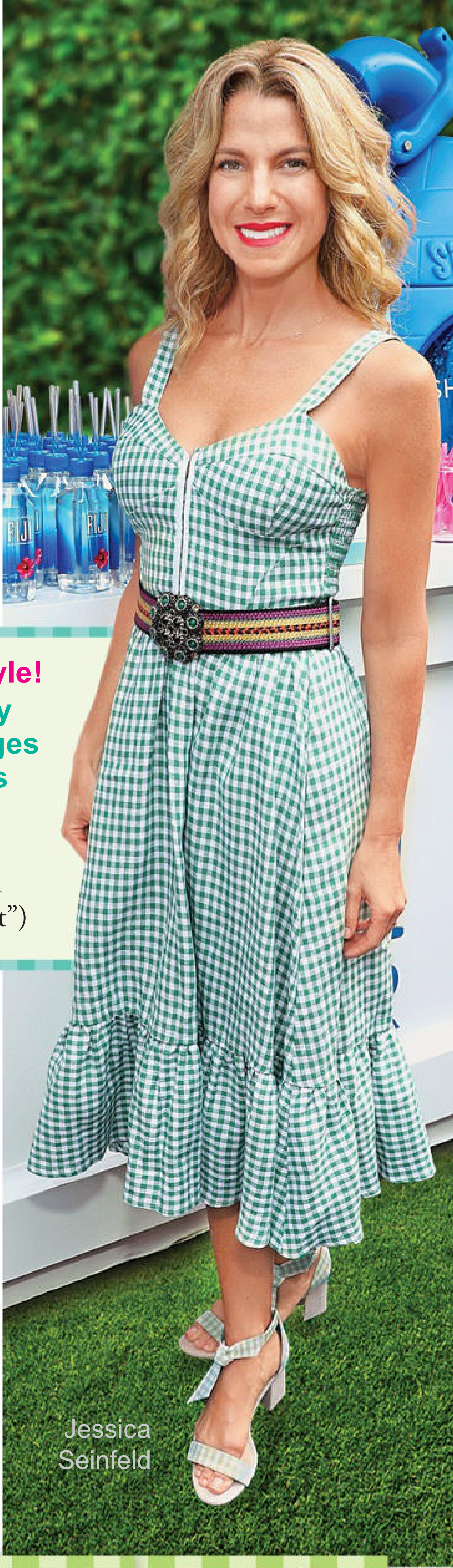


▲ Yellow phone case comes with a handy finger loop for a secure grip
$42, Walli (WalliCases.com, "Picnic Plaid")

▲ Jumpsuit can be dressed up with heels and jewelry or worn more casual with sneakers and a jean jacket
$29, Cider (Cider.com, "Gingham Buckle Jumpsuit")



▲ Lace-up espadrille sneaker boasts a padded foam footbed for comfy all-day wear
$45, Esprit (DSW.com, "Eloise Espadrille Sneaker")



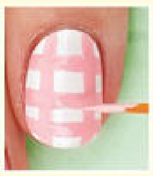
Jessica Seinfeld

Steal Jessica's style!
Sweet dress' flowy bottom camouflages lower-body jiggles
Get the look for less:
$36, Free Assembly (Walmart.com, "Midi Sundress with Tie Belt")

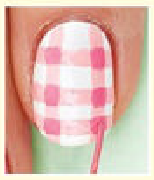
Make a nail to match!

Gingham-lovely in 3 simple steps

- ☐ **White polish** *(like Sinful Colors in Snow Me White, $2, Target.com)*
- ☐ **Pink polish** *(like Sinful Colors in Pink Smart, $2, Target.com)*
- ☐ **Toothpick**
- ☐ **Clear top coat**

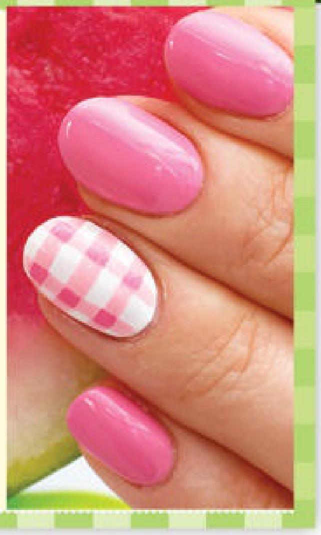


Step 1: Apply two coats of white polish onto the ring finger nail and two coats of pink polish onto other nails. Mix one drop of each polish to make a light pink hue, then use a toothpick to paint it on the accent nail in crisscrossing lines. Let dry.



Step 2: Dip a clean toothpick into the pink polish and fill in the squares where the horizontal and vertical lines intersect. This enhances the tonal gingham pattern.

Step 3: Once dry, seal the design with a clear top coat polish. Let dry completely.



Getty (2); Instar. Text: Maggie Dillard

Spicy tricks that flush away weight!

These straight-from-your-pantry topical remedies reduce excess fluids and toxins from the body so you look up to 15 pounds slimmer—just in time for skin-baring season! Read on to…

Shrink cankles *with allspice*

Anti-inflammatory agents in allspice help reduce swelling under the skin so ankles deflate fast. For best results, pair the spice with warm water—it opens pores, allowing de-swelling ingredients to penetrate better.

■ **TRY IT!** Fill a basin with warm water, then add 10 drops of allspice essential oil. Soak your feet for 10 minutes before patting dry.

Note: It's best to patch-test remedies first, as some spices can irritate sensitive skin.

Slim thighs *with cayenne*

Cayenne's unique warming compounds increase circulation to stimulate the production of fat-burning mechanisms in the body, helping slim thighs. Pairing with sugar (buffing it onto skin further revs circulation) and avocado oil (its fatty acids moisturize) will leave thighs looking slim, supple and more toned in a flash!

TRY IT! Mix 2 tsp. of cayenne pepper and ¼ cup each of sugar and avocado oil. Rub onto your thighs and let sit for 5 minutes; rinse. Tip: Cayenne can be irritating for some, so test on a small patch of skin before using on legs.

Flatten the belly *with cardamom*

When massaged onto skin, cardamom triggers sweating to rid the body of "false fat." Plus, the oil's vitamin A improves skin elasticity for a tauter tummy!

TRY IT! Mix 8 drops of cardamom oil with 2 Tbs. of olive oil. While sitting up, use your fingertips to massage the mix in a circular motion, starting at the lower-right side of your stomach and moving counterclockwise around your belly button. Repeat 10 times, inching in toward your belly button as you go, then rinse.

Deflate a double chin *with ginger*

Ginger's warming properties in combination with a gentle massage around the jaw stimulate the lymphatic system to expel the built-up fluids beneath the chin that cause puffiness. Adding in coconut oil (its *lauric acids* deeply moisturize) helps skin look smoother—stat.

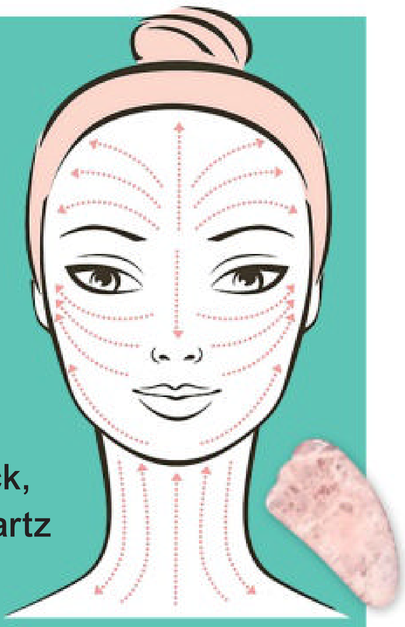
TRY IT! Mix 1 Tbs. of ginger powder with 1 Tbs. of coconut oil. Rub the mix onto your face from your jaw to below your chin for 1 minute; rinse.

Nix cellulite *with this duo*

Paprika and cinnamon boost blood flow to flush dimple-causing toxins from the body. Adding in Greek yogurt (its *lactic acid* smooths skin for smoother texture) further nixes dimples fast.

TRY IT! Mix 2 tsp. each of paprika and cinnamon powder, 5 drops of cinnamon oil and ¾ cup of Greek yogurt. Massage onto skin. Let sit 3 minutes; rinse.

Brilliant little gizmo *that slims your face!*



Now trending on TikTok: *Gua sha,* an ancient Chinese massage that involves "scraping" a special tool against your face to encourage the lymph system to pick up (and drain) excess fluids. The result? A slimmer face and neck in minutes!

To do: Rub 2 drops of olive oil onto your face and neck, place the gua sha tool (we like Plum Beauty Rose Quartz Sculpting Gua Sha Stone, Target.com) against the center of your neck's base and move it toward your jaw in gentle, upward strokes for 1 minute, then downward strokes on each side of your neck for 1 minute. Next, hold the tool flat against your chin and move it up along your jaw for 1 minute on each side. Move the tool out from your nose to your ear for 1 minute on each side and at the center of your forehead out toward your temples on each side for 1 minute.

Shutterstock (6); Jump (2); Victoria Janashvili. Text: Lauren Blum

"We healed each broken hearts!"

"She has no idea how much she means to me," says Shelbi of her four-legged friend, Jenny

When Shelbi Hahn moved across the country, she felt lost and alone. Soon after, she suffered a devastating loss. She never imagined a neighbor's donkey would offer the comfort she needed

As she browsed the little antiques shop up the road from her new house in August of 2020, Shelbi Hahn introduced herself to the owner. Her husband, she explained, had just gotten out of the military and with the coronavirus raging, the only job he could find was in Dinwiddie, Virginia. So they packed up their 3-year-old daughter and moved. "It's hard because our whole family is back in California," Shelbi confided.

The shop owner sympathized and told Shelbi that she was welcome to visit any time.

Shelbi took her new neighbor up on that offer. She especially enjoyed visiting with the animals on the property. The donkey, Jenny, became a favorite. Shelbi would sit on a bench in Jenny's corral and pour her heart out. Somehow, she always felt better afterward.

> *"We've been through so much together… I feel like our friendship was meant to be"*

So it was Jenny that Shelbi turned to when her older brother passed away. It was sudden and unexpected, just like when her dad had died in 2013. Even worse, with so many travel restrictions due to the pandemic, the family couldn't gather.

"I miss my brother with all my heart," Shelbi wept, stroking her friend's soft ears, as Jenny lay her head lovingly on Shelbi's lap, gently nuzzling her.

Over the next year, Shelbi visited Jenny often, finding comfort, especially during times of stress and sorrow, like after she suffered a miscarriage in September 2021.

"She really does love you," Jenny's owners marveled.

"I love her too," Shelbi smiled.

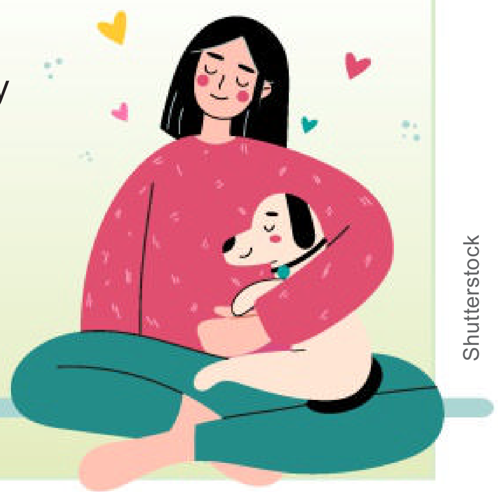
Jenny would soon need that love more than ever.

First, tragedy struck Jenny's owners when the husband died. Not long

How you and your pet calm each other!

We all know that animals help lower stress and provide us with a sense of calm…but science shows we can have the same effect on them too! A study of canines showed that dogs under stress secrete the same hormone, *cortisol,* as humans do. And just like in humans, an increase in cortisol in their blood causes anxiety. But Canadian researchers found that just 10 minutes of contact between pets and their owners helps reduce pain by 43% and anxiety levels by 48% in humans *and* animals.

Even more, simple activities, like taking our furry friends to the park, bring on relaxation. A study at the University of Helsinki in Finland found that the more pets are engaged in activities, the less fearful they are—a function of the release of endorphins in their brain that boosts mood and quickly lowers cortisol levels.



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other’s

after, Jenny’s pasture mate of 13 years, Duke the pony, passed away.

“I know you’re hurting,” Shelbi soothed, showering Jenny with hugs and kisses.

With Jenny’s only surviving owner being in her 70s, it soon became apparent she couldn’t take care of the property and animals by herself. And one day, she surprised Shelbi by asking, “Would you like to take Jenny?”

Shelbi didn’t need to think it over. She answered immediately, with her heart. “Yes!” she exclaimed.

Friend to forever family

Having a small farm with chickens and a few goats, Shelbi and her husband, Leonard, had the space to add Jenny to their family. On December 4, 2022, Shelbi walked Jenny down the road and welcomed her into her new home.

Shelbi delighted in watching Jenny from her kitchen window, trotting around and lapping up pets from her daughter, Olivia. But she especially loved talking to Jenny. Leonard moved a bench in Jenny’s enclosure, where Shelbi could sit and talk with her just as she always had. And it wasn’t just heartache that she shared. Jenny was one of the first Shelbi told when she learned she was expecting again, and she looks forward to raising her new little girl with Jenny’s special companionship.

“Jenny will never understand how much she means to me. We’ve been through so much together, both joy and sorrow,” Shelbi says. “I don’t know if it was my dad and brother looking out for me as my guardian angels, but it sure feels like me meeting Jenny and our friendship was very much meant to be!” —*Diane Nichols*

We’d love to print *your* inspiring story! Email the story with your name, phone number and a current photo to: WWFeatures@WomansWorldMag.com. Or mail it to: Scoop, *Woman’s World,* 270 Sylvan Ave., Englewood Cliffs, NJ 07632. By submitting your story, you are granting *Woman’s World* permission to use it and your photo in the print magazine, on our website and/or in future special issue publications. Due to a high volume, we are unable to return submissions received.

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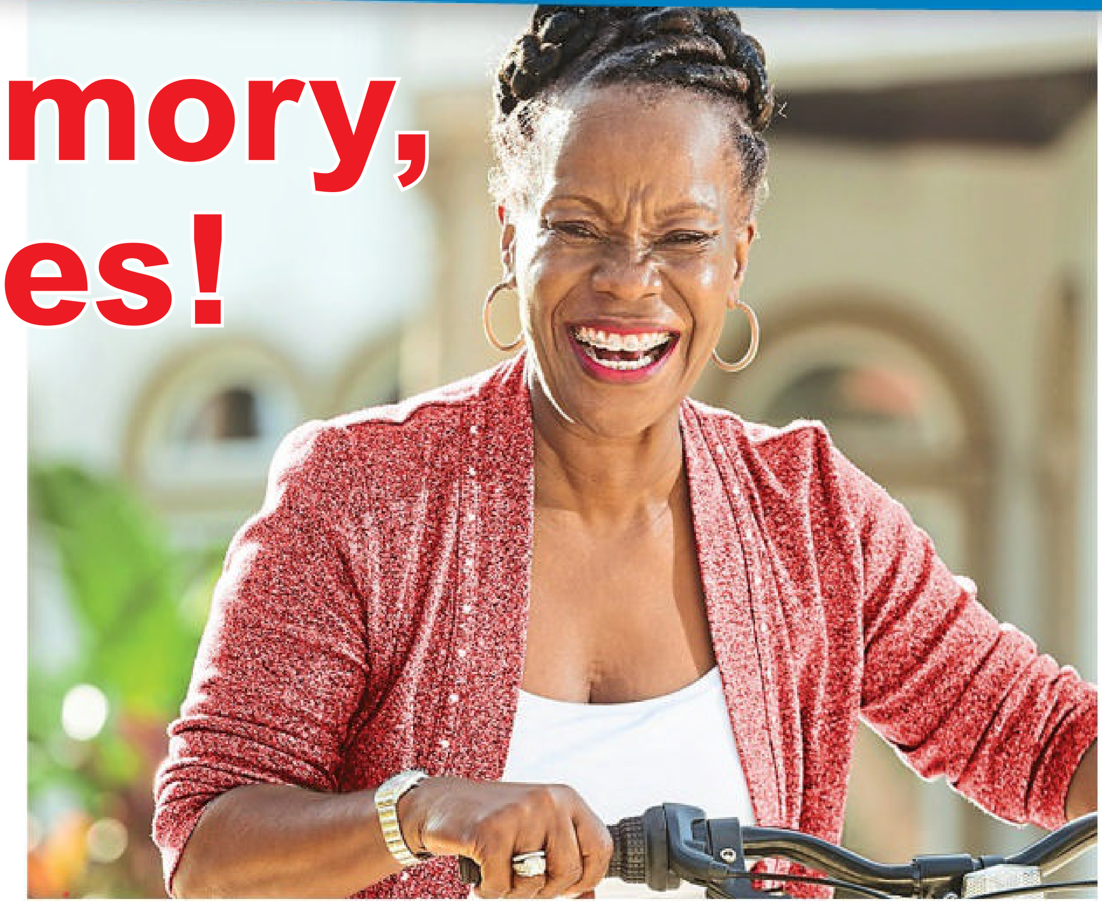

Want to make the most of spring fun? We've got the secret! *Brain-derived neurotrophic factor* (BDNF) is vital for a sharp mind and sunny mood. "It's an amazing brain chemical that stimulates brain cell growth and repair, plus improves cell-to-cell signaling," says Fred Pescatore, M.D. Optimizing BDNF cuts the risk of memory loss by 51%, curbs the odds of fatigue by 49% and powers up muscles Though BDNF production dips with age, lifting levels is easy...just...

Bite into a cheeseburger

Or enjoy chicken kebabs. Both beef and chicken are top sources of zinc. That's key since the mineral is used by the body to manufacture BDNF. In a study in the journal *Nutritional Neuroscience,* people who boosted their daily intake of zinc increased their BDNF levels by 42% in 12 weeks. Other tasty foods that deliver ample amounts of the mineral: crab, turkey, pumpkin seeds, cashews and cheddar cheese. Yum!

Kick up your heels

Moving your muscles on a regular basis increases blood flow to the brain, raising BDNF levels by as much as 222%. And dancing, in particular, is a superior BDNF booster. German scientists found that people who danced for 90 minutes a week increased their BDNF levels by 63%! That's more than those who cycled and lifted weights for the same amount of time. "The sensory stimulation and coordinated movements involved in dancing amplify the effects of physical activity on BDNF output," says Dr. Pescatore. For a fun way to try some new moves, check out beginner-friendly dance videos at BodyGroove.com.

Drizzle *this* over your salad

Flaxseed oil adds a mild, nutty flavor to marinades, dressings, smoothies and grilled veggies. And research in *Nutrition Journal* suggests that eating 2 Tbs. daily lifts BDNF levels by 40% in one week. A separate study in the *International Journal of Food Properties* found that when people added the oil to their diet for 10 weeks, their BDNF level increased by 117%. The oil brims with *alpha-linolenic acid,* a fatty acid that switches on genes involved in BDNF production.

Sip an herbal sleep elixir

A good night's sleep protects against stress that can sabotage BDNF production, say researchers reporting in *PLOS ONE.* They found that sound sleepers had BDNF levels 50% higher than those who suffered from sleep disturbances. To snooze more deeply, Dr. Pescatore advises sipping chamomile tea 30 minutes before bed. "It's high in *apigenin,* a compound that has a sleep-promoting effect on brain cells," he notes. "What's more, apigenin has been shown to stimulate BDNF secretion by clearing away free radicals that impair its release." —*Melissa Gotthardt*

Pimiento Cheese–Stuffed Burgers

¼	cup mayonnaise
1	tsp. hot sauce
½	tsp. soy sauce
¼	tsp. smoked paprika
1	lb. ground beef
1	onion, grated
¼	cup pimiento cheese
4	hamburger buns
Assorted toppings	

1 Heat grill for medium direct-heat cooking. In bowl, combine mayo, hot sauce, soy sauce and paprika. In bowl, mix ¼ cup sauce mixture with beef, onion, ½ tsp. salt and ¼ tsp. pepper.

2 Divide beef into 8 pieces; shape into patties. Place 1 Tbs. pimiento cheese on each of 4 patties; top with remaining patties. Seal edges. Grill 5–6 min. per side; serve on buns with remaining sauce and assorted toppings. *Serves 4*

A juicy burger is packed with zinc, which lifts BDNF levels by 42% in 12 weeks

Note: Check with your healthcare provider before supplementing

Dodge the top cause of foot pain

Spring days are made for hiking and pickleball. Yet 77% of us suffer from foot pain. The top cause: *plantar fasciitis,* which occurs when the *plantar fascia* (connective tissue that runs along the bottom of the foot) becomes inflamed and causes sharp heel and arch pain. These tips can help

✓ First thing… *Do a bed stretch*

The first steps you take daily are the most painful since the fascia tighten as you sleep. The fix? Stretch when you wake up. Sit on the edge of the bed and place your right ankle over your left knee. Pull the toes of your right foot toward your shin until you feel a light stretch. Hold for 10 seconds; repeat 10 times. Then do the opposite foot. University of Rochester research suggests that when done daily, this eases pain for 94% of people. And two years later, 92% of participants said their plantar fasciitis had been cured or nearly cured.

✓ During the day… *Walk this way*

Custom orthotics are docs' go-to for treating heel pain. But they can cost up to $800! A review in the *British Journal of Sports Medicine* found $20 drugstore orthotic shoe inserts block pain just as effectively. By supporting the arch while cushioning inflamed fascia, the inserts allow tissues to heal while you stroll. Try: Walk-Hero Plantar Fasciitis Orthotic Inserts (Amazon.com).

✓ Before bed… *Roll on cold*

As you kick back to read or watch TV, roll a frozen water bottle back and forth on the floor under your foot, focusing on the heel and arch. Research at California's Loma Linda University shows that doing this for 20 minutes reduces next-day pain by 58%. In fact, cold before bed offered the greatest reduction in next-day pain of any method the researchers tested, even shrinking the thickness of the inflamed plantar fasciitis connective tissue. —*Ann Green*

Easy keys to lower blood pressure

With summer just around the corner, the last thing you want to worry about is your blood pressure (BP) creeping up. And while warm temperatures can spike your levels as your heart works harder to keep your body cool, a few simple tricks can keep your blood pressure in the healthy range (below 120/80 mmHg). Just…

Shutterstock (3); Getty

✓ Relax *this* way

In a study of people with hard-to-treat high blood pressure, a Harvard method called the "relaxation response" was so effective, some people reduced or eliminated the need for anti-hypertensive meds in eight weeks. It calms the body's "fight or flight" response and relaxes arteries. To do: Relax your muscles and mentally repeat a calming word or phrase, such as "one," each time you exhale for 10 minutes twice daily.

Go for a giggle

Endorphins released during laughter spur the release of artery-widening *nitric oxide.* Japanese scientists found that people who laughed along with a funny show once every two weeks lowered their systolic BP by 5 points in three months.

✓ Enjoy a tropical sip

Tufts University scientists found people who drank a cup of hibiscus tea daily cut their *systolic* (top number) BP by up to 13 points and their *diastolic* (bottom number) BP by up to 6 points in four weeks—results on par with some ACE inhibitors. The brew flushes excess salt, opens arteries and slows the release of BP–constricting hormones.

✓ Grab a tennis ball

A Canadian study found easy handgrip exercises lower systolic BP by up to 19 points in eight weeks. Flexing the muscles in your hands and fingers activates the *autonomic nervous system,* widening blood vessels. Squeeze and release a tennis ball for 8 minutes three times a week.

✓ Try garlic

Australian scientists say taking 1,200 mg. of garlic daily works as well as meds, lowering systolic BP by 8 points and diastolic BP by 6 points in 12 weeks. Garlic's *allicin* relaxes blood vessels and increases blood flow. Eating raw garlic also helps, but supplements offer a concentrated dose. Try: Kyolic Aged Garlic Extract (iHerb.com). —*Alex Fulton*

The health clues hiding in your *nails!*

The key to good health is at your fingertips—literally! Your nails can help ID everything from hidden nutritional deficiencies to a sluggish thyroid. Read on for the easy fixes…

Tip!

Keeping nails stylishly short and natural cuts your risk of picking up sick-making germs by 60%, University of Michigan Medical School scientists say

Pale nail beds?

If your nail beds are more white than pink, you may be low on iron. The nutrient helps build *hemoglobin,* a protein that ferries energizing oxygen to tissues. While many women assume iron deficiencies are a thing of the past after age 50, Italian research suggests up to half the number of women who were low in iron before menopause may still be prone to shortfalls by age 65. Swiss research finds that topping up your levels can reduce fatigue by 48%.

To shore up your stores without overloading on iron, savor iron-rich foods like spinach, sweet potatoes, peas or broccoli. Getting iron from food is safer than supplements since food-based iron doesn't build up in the body to health-harming levels like it can with supplements.

White spots?

Nails that are dotted in white spots could signal you're low on immunity-boosting zinc, which wards off warm-weather colds and viruses. Luckily, reversing a deficiency is as easy as sucking on one 20-mg. zinc lozenge daily. Not only will this repair your nails, but a Finnish study found it'll help reduce the days you're sick with a cold by 48%!

Yellow nails?

More than half of us have nail fungus (aka *onychomycosis),* which can cause nails to yellow and thicken into deep ridges. Treating it with a fungus-fighting polish that kills spores doesn't just make nails look prettier: Research out of Finland finds nixing nail fungus cuts levels of heart-harming *c-reactive protein* in your blood in half, lowering the risk of heart disease and stroke. One to try: Dr's Remedy Enriched Nail Polish (RemedyNails.com).

—*Ann Green*

Could it be 'COVID nails'?

Horizontal ridges along your nails may be due to a bout with COVID, Canadian scientists say. The virus stresses the body, temporarily interrupting nail growth and causing ridges (known as Beau's lines) to pop up about a month after you've recovered. Luckily, as your nails grow out, so do the lines, say Cleveland Clinic experts.

Shutterstock; Victoria Janashvili

***Stay Young** with WW*

Spring skin bothers—*solved!*

Sunny, warmer days can spur irritating skin flare-ups. These DIY fixes can help!

Best for eczema: An oat milk and honey compress. Oat milk acts as an antihistamine and anti-inflammatory to ease pain and swelling, while honey hydrates and heals. ***To do:*** Place a cloth soaked in ¼ cup of oat milk and 1 Tbs. of honey over skin. Let sit for 5 minutes; rinse.

Best for rosacea: Green tea ice cubes. Tea's *catechins* and the cubes' cold temperature reduce redness on contact. ***To do:*** Steep 3 green tea bags in 2 cups of hot water for 10 minutes, then freeze brewed tea in an ice cube tray. Rub a cube onto rosacea patches for 5 minutes.

Best for psoriasis: An aloe and kombucha (fermented black tea) mist. Tea's probiotics balance skin's *microbiome* to calm itching, and aloe's *polysaccharides* speed healing. ***To do:*** Add ½ cup of kombucha and 2 Tbs. of aloe vera gel to a spray bottle; mist on skin. Refrigerate up to one week.

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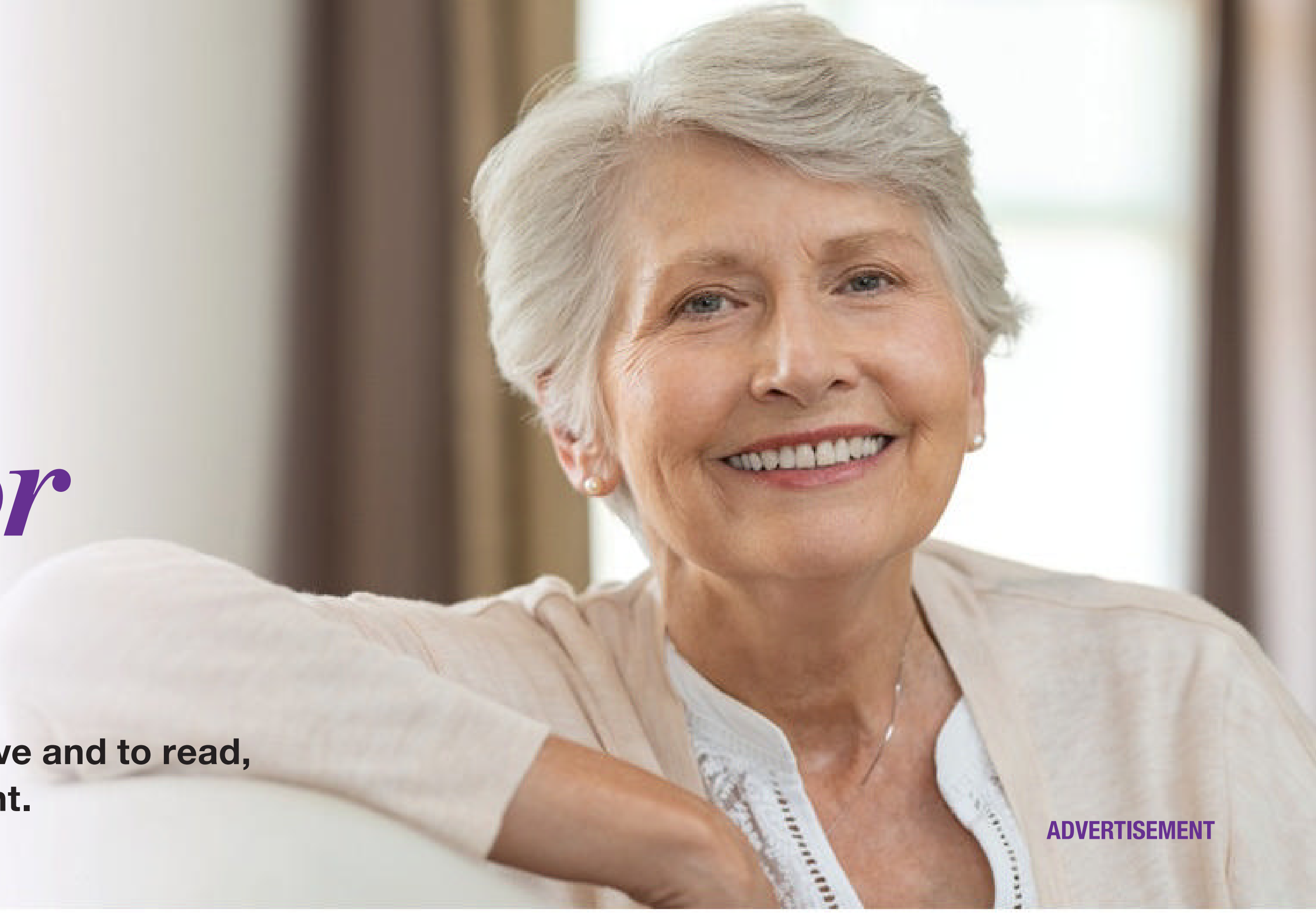

Blue Berry™ has done wonders for my eyes!

Claudette is a retired secretary. She loves to stay active and to read, but in recent years, she was suffering with her eyesight. She had to do something.

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"I've worked as a secretary my entire life, and even though I'm retired now, I still enjoy staying active and reading my daily newspaper. A few years ago, I noticed my vision start to suffer. My optometrist told me about how the eye's core, the macula, loses its function with age and it only gets worse with time. This made me very upset, and quite sad.

I DIDN'T WANT TO GIVE UP ON MY EYES

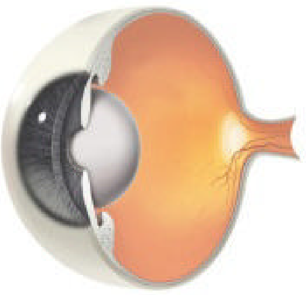
I started researching eye macula health, as I was determined to maintain my eyesight. I came across an article about a product called Blue Berry™ which explained the benefits of colorful fruit pigments on the eye's macula. So, I went straight to the pharmacy and bought my first box.

MY OPTOMETRIST WAS IMPRESSED

After a few months of taking Blue Berry every day, my optometrist noticed a change in optical pigments in my eyes. I was noticing it too, as I was enjoying reading stories to my grandson. I now also enjoy the scenery when I take my daily walks. I am thrilled. I will surely keep taking Blue Berry as it has done wonders for my eyes and I highly recommend this product to anyone wanting to keep their eyes healthy!"

– Claudette, France

The eye's macula is the vision center that benefits from color pigments from berries



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WW HEALTH NEWS

100% healthy the

The people of Norway stay happy and healthy by living according to *friluftsliv* (pronounced *free-loofts-liv),* which means spending time outdoors. Here's how to harness the benefits yourself!

Protect your heart
by picking up the pace

For Norwegians, walking everywhere, whether it's to a market or through a park, is a way of life. Now, a study in the *European Heart Journal* shows picking up the pace as you walk for as little as 20 minutes a week lowers your risk of serious heart trouble by 40%. Speeding up (even for only a few minutes at a time) reduces blood pressure, inflammation and levels of bad fats. This keeps your heart in top shape.

OR SIP H_2O! A cool glass of water does more than help you beat the heat: A National Heart, Lung and Blood Institute study linked sipping 6 to 8 cups of hydrating beverages daily to a significantly lower risk of heart trouble. Staying hydrated dilutes blood vessel–constricting salt in your

Heighten creativity with pretty blooms!

Norwegians love the outdoors, and they're also bursting with creativity. It turns out the two are linked: A study in *Frontiers in Psychiatry* found that gazing at flowers, trees or greenery doubles creativity. Nature's beauty stimulates curiosity, which sparks inventiveness.

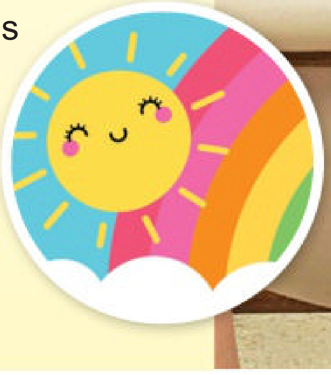
Shutterstock (9); Getty (2); Twinkle. Text: Gabrielle Lichterman

Norwegian way!

Fall asleep faster by basking in sunlight

After a long winter with days as short as 6 hours, Norwegians love to get out and about in the sun once spring rolls around. And heading outdoors to soak up some rays delivers a surprising benefit: more sleep! A new study from the University of Washington reveals that basking in 60 more minutes of daylight than you usually do helps you fall asleep 30 minutes faster. Sun exposure re-syncs your body clock so you get drowsier earlier in the evening. Live in a cloudy area? This simple trick also works on overcast days since there are still enough of the sun's rays poking through to have a sleep-boosting effect.

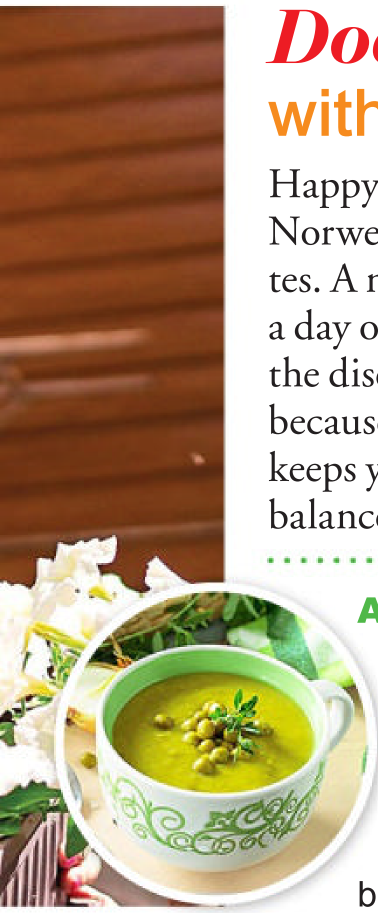
OR ADOPT A SUNNY OUTLOOK! One more reason to channel a positive attitude: Optimistic people are 74% more likely to get sound sleep that leaves them feeling refreshed the next day, reveals a study out of the University of Illinois. Researchers reveal that expecting things to go your way reduces worry, which allows you to fully relax at night.



Boost memory with a dip in a pool

Although Norway is known for its chilly winters, it warms up enough in summer for people to enjoy dips in the ocean, mountain lakes and fjords. Follow their lead by bobbing around in a lake, pool or the ocean, and you'll improve your memory while you're wading. Utah State University scientists say being submerged chest-deep in water increases blood flow to the brain, helping memory centers work harder.

OR STRETCH! Japanese scientists say 10 minutes of gentle stretching improves recall. How? It increases circulation to the brain, which boosts mental energy.



Dodge diabetes with a gardening break

Happy news for people who love gardening, like Norwegians do: The hobby wards off type 2 diabetes. A new Penn State study shows that 22 minutes a day of gardening reduces your risk of developing the disease by 49%. While you may not notice it because you're enjoying yourself, caring for plants keeps your weight down and builds muscle, which balances blood sugar to ward off diabetes.

AND EAT WHAT YOU GROW! A Danish study found that eating 11 oz. of leafy greens or cruciferous vegetables daily (about 1½ servings of raw spinach or broccoli) curbs diabetes risk by 21%. Non-starchy veggies reduce insulin resistance. Tip: Try blitzing broccoli and adding it to chilled split pea soup.

Increase joy by snapping pics

Norway has so many animals and plants to admire. And simply enjoying the wildlife near *you* lifts your spirits. A British study found taking 10 minutes to record what you're seeing in nature, like taking photos of flowers, helps you focus on the world around you. This makes you feel more connected to nature, which spurs happiness.

OR TALK TO A FRIEND! University of Kansas scientists say a brief chat with a pal lifts joy for the rest of your day by taming stress.

“A bedtime sip stopped my night sweats!”

“It’s wonderful to sleep through the night and wake up refreshed,” says Adora

Since the onset of menopause, Adora Winquist would get so overheated, she’d wake up several times a night, soaking wet—until she tried this tasty warm treat that cooled her off permanently!

Adora Winquist lay awake in the middle of the night, hot and wet with sweat—yet again. Between difficulty falling asleep and unbearable night sweats, hormonal changes brought on by the start of menopause were making it impossible to get a good night’s sleep.

That meant Adora’s days were filled with brain fog and difficulty focusing, and her once razor-sharp memory had become spotty. Feelings of frustration and sadness also intensified her mood swings.

I don’t like who I am anymore, Adora despaired.

Delicious remedy

At the time, Adora, who is trained in the field of alternative medicine, was doing research for her book, *Detox, Nourish, Activate,* and came across something called “moon milk.” This tasty drink is made with cow’s milk (you can also use hemp, almond or other types of milk) and spices found to promote healthy sleep. Among the herbs in moon milk is *ashwagandha,* an evergreen shrub that contains chemicals known to have positive effects on the endocrine, cardiopulmonary and central nervous systems, with powerful anti-inflammatory and antioxidant benefits.

> ***“A gentle and powerful herb, ashwagandha improves hormone balance”***
> —Kulreet Chaudhary, M.D.

Because of her background in health, Adora knew that during menopause, the ovaries stop making some of the vital hormones that help control our energy and anxiety levels, as well as body temperature. Ashwagandha, she learned, stimulates the production of *GABA,* a neurotransmitter that helps calm the nervous system, which, in turn, helps with hot flashes and night sweats, reduces anxiety and supports sleep.

What have I got to lose? Adora thought and decided to brew a cup of moon milk. She warmed up 2 cups of hemp milk, then mixed in a blend of antioxidant-rich herbs and flavorful spices: ¼ tsp. each of ashwagandha, cardamon, honey and coconut oil, 1 tsp. of turmeric, ½ tsp. of cinnamon, a dash of vanilla extract and nutmeg, and simmered for 5 minutes, before drinking, unstrained, at bedtime.

That first night, Adora felt a deeper sense of relaxation an hour after drinking moon milk. After about a week, along with falling asleep more easily, she was experiencing deeper sleep. She would wake up feeling refreshed after nights with no night sweats, which helped her better manage her stress and emotions. Moon milk has been part of her bedtime routine ever since.

“I’m thrilled to have found this tasty drink that feels indulgent while being so good for you,” says Adora, 52. “Moon milk has given me back my life. Being able to sleep through the night, I no longer battle moodiness and exhaustion. I feel more energized and refreshed than ever before!”

—*Gina Roberts-Grey*

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Other amazing ways ashwagandha improves health

✓ **Heals the thyroid:** Stress takes a toll on the thyroid, but a study in the *Journal of Complementary and Alternative Medicine* found that supplementing with 600 mg. of ashwagandha daily improved thyroid function by 42% in eight weeks.

✓ **Supercharges energy:** A unique compound in ashwagandha, *withaferin A*, revs *mitochondria* (the energy furnaces in every cell) by 50%, cutting fatigue by 80% in just five days, say Japanese researchers. Experts advise 250 mg. twice daily.

✓ **Tames anxiety:** A daily dose of 500 mg. of ashwagandha soothes rattled nerves to cut edginess and anxiety by 70%, say Indian researchers, who credit the herb’s *withanolides* with tamping down the production of stress-revving hormones.

We’d love to print *your* inspiring story! Email the story with your name, phone number and a current photo to: WWFeatures@WomansWorldMag.com. Or mail it to: Scoop, *Woman’s World,* 270 Sylvan Ave., Englewood Cliffs, NJ 07632. By submitting your story, you are granting *Woman’s World* permission to use it and your photo in the print magazine, on our website and/or in future special issue publications. Due to a high volume, we are unable to return submissions received.

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WEIGHT LOSS

Eat, drink, & still shrink

With A Morning Shake

BY AMBER RIOS

Being a health and nutrition correspondent means that companies frequently send me their products, and ask for my stamp of approval. Most of the time I dive into research, give the product a try, and send the company honest feedback about what they'll need to change before I'll recommend it. Plus my hectic job and my determination to stay fit means I'm always hunting for a quick and nutritious way to fill up on nutrients my body needs. So I can confidently say, "I've tried it all".

Last Tuesday work was especially hectic, but I'dLast Tuesday work was especially hectic, but I'd booked with my $200 an hour personal trainer, Tony, a triathlon winning, organic-to-the-bone fitness guy with a ten mile long track record of whipping the "who's who" into shape in record time, so I had to go. He noticed that my set count was down and playfully asked, "Feeling a little tired today?", as he handed me a bottle from his gym bag. After one sip I figured that there was no way this could be healthy because the creamy chocolate flavor was just too delicious. Still, he'd never risk his reputation.

With more than a healthy dose of scepticism I decided to investigate this shake he'd called INVIGOR8.

Turns out, it's a full meal replacement shake, which stunned me because virtually every other shake I'd researched had tasted chalky, clumpy and packed with hidden "no-no's" like cheap protein, tons of artificial ingredients, not to mention harmful synthetic dyes, additives, sugars, preservatives, and hormones. And even though INVIGOR8's full meal replacement shake cost more than many of the shakes I've tried, it was about half the price of my favorite salad, and the nutrition profile looked second to none.

Wanting to know more, I reached out to a few of the people who were talking about it on trustworthy fitness forums. By the next morning three people got back to me saying,

"As a trainer I love Invigor8. It's definitely helped me to have more all-day energy, plus build the kind of lean sculpted muscle that burns more fat."

> ***"Yes, I'll recommend it, it tastes great, and I really like how it keeps me feeling full for hours."***
>
> —Amber Rios

"I'm a marathon runner and a friend recommended it to me. Drinking it has become a part of my regular training routine, because my time has improved, my energy is up, and I'm thinking more clearly than ever before."

I decided to take my investigation one step further by researching the development of INVIGOR8. I was pleasantly surprised to find out that the company went to great lengths to keep INVIGOR8 free of harmful ingredients.

The makers of INVIGOR8 were determined to make the first natural, non-GMO nutritional shake & green superfood. The result is a meal replacement shake that contains 100% grass-fed whey that has a superior nutrient profile to the grain-fed whey found in most shakes, metabolism boosting raw coconut oil, hormone free colostrum to promote a healthy immune system, Omega 3, 6, 9-rich chia and flaxseeds, superfood greens like kale, spinach, broccoli, alfalfa, and chlorella, and clinically tested cognitive enhancers for improved mood and brain function. The company even went a step further by including a balance of pre and probiotics for optimal digestive health, uptake, and regularity and digestive enzymes so your body absorbs the high-caliber nutrition you get from INVIGOR8.

As a whole-foods nutritionist with a thriving practice I understand the importance of filling my body with the best Mother Nature has to offer. I have always been reluctant to try new products because I was never sure of the impact they would have on my energy, and weight. INVIGOR8 is different, not only because it's delicious, but because it helps me to maintain the energy I need to run my busy practice, while helping me to stay fit and toned. Considering all of the shakes I've tried, I can honestly say that the results I've experienced from INVIGOR8 are nothing short of amazing.

A company spokesperson confirmed an exclusive offer for Woman's Wold readers: if you order this month, you'll receive $10 off your first order by using promo code "**WW10**" at checkout. You can order INVIGOR8 today at www.DrinkInvigor8.com or by calling 1-800-958-3392.

She lost 105

“It’s so quiet,” whispered Ohio grandmother Stacy Cronin Pattison, as she settled on her couch for a little soul searching. After years of caring for her late husband through dementia and cancer, she’d been a widow for exactly eight weeks. *Now my own health is giving out,* she thought. Serious kidney issues had landed her in the hospital. And ever since surgery to ‘upgrade’ old weight-loss surgery had been scrapped due to near-fatal complications, she’d been getting heavier and making all her other problems worse—degenerative disk disease, arthritis, high blood pressure, high cholesterol, fibromyalgia, migraines, glaucoma and more. Stacy hurt all the time, struggled to move, couldn’t sleep. *I don’t want to become a burden on anyone. I want my family to count on me, not the other way around.* She wondered: *Is it too late for me to get better?*

As tears welled in Stacy’s eyes, she could see the photos of her kids, grandkids and great-grandkids around the room. She took a deep breath. *You need to make more memories with them,* her heart said. She had to at least try to turn her health around.

A retired nurse and lifelong yo-yo dieter, Stacy kept eating fast food and mac ’n’ cheese, but also started doing research. Eventually, she found Ken Berry, M.D., on YouTube. Drawn to his plain-spoken manner, she watched a marathon of videos. “A low-stress, low-carb approach triggers changes in our body chemistry that kill hunger, turbocharge fat burn, even soothe inflammation,” he said. He made it sound so doable, Stacy was excited to start.

Getting results—and relief

Stacy decided to use what some call ‘dirty keto.’ That meant tracking what she ate, keeping carbs under 20 grams per day, but not worrying about nutrition beyond that. So she could enjoy low-carb quesadillas, hot dogs, even keto candy. “Eat until you’re pleasantly stuffed,” Dr. Berry had urged. “Calories don’t matter.”

Though Stacy hated the scale and didn’t weigh herself, her waistbands quickly got looser. Her pain lessened. And most amazing of all: “I’ve finally stopping thinking and dreaming about food,” she shared with her son, Gerard. “This might be working!”

Making her own rules

Stacy forged ahead. She kept watching videos, learning and experimenting. Her momentum built, and she was swimming in the smallest-size clothes she owned. For the first time in forever, she had enough energy and mobility to plant a garden! But as happy as that made her, she did begin to

IT WORKS!

Stacy is off 23 meds!

Stacy Cronin Pattison, now 69, burned a massive amount of fat, thanks to a low-carb diet and a nice boost from protein-rich ice cream. But she believes paying attention to her emotional well-being was also key to her success. To help deal with depression, “I started seeing a mental health counselor,” she shares. “And when friends asked if I wanted to join them at church, I said yes.” As Stacy’s spirits lifted, it was easier than ever to make healthy choices. “It made all the difference for me.”

Discover the

Protein ice cream can make any healthy way of eating more fun and delicious. Just experiment to find recipes and flavors you like—and dig in! Want to slim like Stacy did? Stick to ice cream and other foods that are naturally low in carbs (eggs, meat, seeds, berries, non-starchy veggies, good fat). A free app like CarbManager.com can help you get started. Tip: For best ice cream texture, let it sit at room temperature for 10 minutes before enjoying.

lbs at age 68

This high-protein ice cream is helping women like Stacy Cronin Pattison **melt up to 15 lbs a week**

K Bodart Photography. H&M: Aylssa Griffith. Adobe Stock (4). Text: Allison Nemetz

tire of measuring ingredients and tallying carb grams in a food log. "I've read about people who eyeball it and still keep losing," she said to herself one day. "But is it crazy to change what's working?" She mulled it over. "I want to make changes I can stick with for good. It's worth the risk."

That day, "Stacy Keto" was born. Using the best advice she'd read from dozens of doctors and bloggers, Stacy put together her own guidelines. She'd stick mostly to animal protein and fats—things like avocado, eggs, dairy and meat—because they were naturally low in carbs and her body seemed to love them. She'd also add a few veggies and spices. *I'll eat when I'm hungry and quit when I'm full,* she decided. *No more measuring or tracking.*

A little splurge, a big boost

Stacy was soon enjoying simple meals like bacon and eggs, spicy chicken wings with celery and cheesy bunless burgers. She also discovered a site called KetogenicWoman.com with lots of recipes for women who ate like her—including one for protein-rich ice cream *(see below right).* It was something people had been buzzing about on the internet. There were no-churn versions, "but I'm going to treat myself," Stacy said, ordering a Ninja Creami ice cream maker and sugar-free flavored syrup from Amazon.

When her package arrived, she gathered her ingredients. It took a bit of trial and error to get the consistency just right. But once she did, making batches was quick, easy and… *wow.* Her chocolate mint and creamsicle creations were so good, she was soon sharing them with family and friends. Everyone had the same reaction: "Mmmmm!"

Sure, it was just ice cream. Yet each bowlful helped build Stacy's confidence. "I was eating in a way that I could eat forever, and I was feeling so good and getting rid of medications," she shares. "I knew I wasn't going back."

By the time she weighed herself, she found she'd shed about 95 pounds in a year. She's now 105 pounds lighter, off over 23 different prescriptions—and a newlywed! Marrying fellow retiree Ken Pattison just before her 69th birthday, "I can't believe how many good things God had in store for me at my age," marvels Stacy. One highlight of her new union: "Sometimes we have ice cream for breakfast. For us, it's a part of a way of eating that's fun, easy—and can change your life!"

Yes! Protein is a key building block of sleep hormones—and, per a recent study, getting more of the nutrient is an easy way to deepen Zzzs by 43%

How *ice cream* can speed away flab

Like a growing number of low-carb and keto dieters, Stacy discovered the power of putting protein center stage in her meals—and desserts. Here's how the protein trend can help *you*

Protein ignites metabolism Replacing carbs we'd normally eat with lots of protein-packed meat and dairy has big advantages. First, it can lower blood sugar so much, "the body begins turning its own fat into *ketones,* which become your main fuel," explains Dr. Berry. Protein also spikes anti-hunger hormones and "delivers nutrients crucial to repairing damage and building a stronger body." One study found these factors crank up metabolism by 498% (or more!) even as we sleep.

Protein ice cream boosts burn Of all the treats in the world, virtually none is high in protein. That is what makes the "protein ice cream" trend so powerful: You're replacing fattening carbs with fat-burning protein. Depending on the recipe, you'll get at least three and up to 18 times more protein than regular ice cream. The effect "lets you enjoy your comfort food and lose weight too, " says Dr. Berry, whose ice cream-loving fans report losing up to 15 pounds in a single week.

creamy, dreamy way to melt flab

ICE CREAM MAKER HACK

Mix any protein shake, a pinch of salt and 1 Tbs. pudding mix (to keep it creamy); process in an ice cream maker per directions.

BLENDER-ONLY METHOD

In a high-power blender or food processor, blitz a protein shake, a dash of vanilla and a pinch of salt. Stir in mix-ins. Cover tightly. Freeze 4 hours.

PROTEIN SURPRISE

In a high-power blender or food processor, whip 15 oz. cottage cheese, flavoring and sweetener to taste. Fold in mix-ins. Freeze 4 hours.

Ultimate protein ice cream

This luscious treat rivals Ben & Jerry's!

4 eggs, beaten
1 scoop collagen protein powder
4 Tbs. melted butter
2-4 Tbs. flavored syrup of choice, such as Jordan's Skinny Syrup
2 Tbs. cream cheese or heavy cream

Blend or vigorously whisk all ingredients together. (Don't want to consume uncooked eggs? Heat mixture gently, stirring often, to 160°F.) Follow instructions on your ice cream maker. Garnish and enjoy. *Serves 4*

For more great advice, visit the KenDBerryMD YouTube page. Ultimate ice cream recipe from YouTube's @KetogenicWoman. Find more recipes there and at KetogenicWoman.com.

"Help me silence my inner critic"

Women criticize themselves a whopping 8 times a day, on average. Here, simple ways to be kinder to yourself and enjoy greater confidence

Tap into grace

It's not your fault

Your harsh inner voice triggers everything from stress to depression, says expert Rachel Turow, Ph.D. "It's sort of like 'the smoking' of mental health; it's a hard habit to break." But that's not your fault: "Culture tells us self-criticism is motivating, but research shows it's *self-compassion* that truly spurs us to succeed. So don't beat yourself up for having this voice because that only piles on more criticism."

Relax your mind

Studies show just 10 minutes a day of mindfulness helps keep self-judgment at bay. "Focus on your breath, and when you find yourself saying, 'I'm so bad at this,' gently return your attention to your breath without criticizing yourself, by saying, 'There's that voice again; back to my breath,'" encourages Turow. "Developing the capacity to shift out of self-judgment is one of the best anti-rumination tools there is."

Tally your strengths

"Your inner critic is very much in this moment and has no perspective—it doesn't know who you are in the bigger picture," says expert Bonnie Weiss. "Remind yourself of the strengths you've developed over the years or who you can be in the future." Or consider asking a friend: "'I'm working on being less critical of myself; can you give me some feedback on my strengths?' The people in your life should always reflect the best of you."

Find balance

Tell yourself a new story

When your judgmental voice pipes up, simply respond with a "replacement narrative," suggests expert Susan Brady. "For example, if you're blaming yourself for not completing a task, you might say, 'Wow, that wasn't very nice; I'm doing the best I can, and I'm working really hard.'" It's not about telling yourself over-the-top platitudes you don't really believe. "This is about *growth*—catching yourself in the moment to build up your 'inner well-being coach.'"

Learn valuable lessons

Sometimes your critic is trying to *help* you. "It may be urging you to take better care of yourself, for example," says Turow. In such a case, the content of the criticism matters because it reflects meaningful goals, but *tone* is crucial. "Telling yourself, 'I know you've been busy, but it's important to plan time to socialize,' is very different from saying, 'You're awful at relationships.'" Shifting the way you speak to yourself will help you gain worthy insights without self-blame.

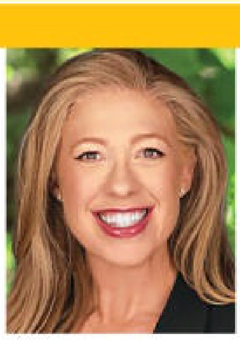
Acknowledge your wins

In the end, taking small steps every day will help you become kinder to yourself over the long-term. "For instance, instead of a 'to-do' list, I like to make a 'done' list," says Turow. "No item is too small, from flossing to taking your vitamins. This nod to all you do reinforces the positives in your life and helps show you that you *are* enough."

Our expert panel

Rachel Turow, Ph.D., author of *The Self-Talk Workout,* is a clinical psychologist and an adjunct assistant professor at the Icahn School of Medicine at Mount Sinai in NYC.

Bonnie Weiss, LCSW, is the co-author of *Freedom from Your Inner Critic* and *Self-Therapy Workbook.* More at Personal-Growth-Programs.com.



Susan Brady, co-author of *Arrive and Thrive,* is the Deloitte-Ellen Gabriel Chair for Women and Leadership at Simmons University in Boston.

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WW WEEKNIGHT WONDERFUL

Dinner? Done!

With only 6 ingredients and 1 skillet, it's easy to get meals on the table fast—plus, cleanup is a breeze

Bacon Leek Frittata

We cooked cherry tomatoes in bacon drippings for an extra-irresistible finish to this smoky delight that also doubles as a delicious brunch

6	slices bacon
1	cup cherry tomatoes
9	eggs
1	cup shredded Gouda, 4 oz.
2	leeks, white and light green parts only, chopped
3	cups baby arugula

STAPLES

¼	tsp. salt
¼	tsp. pepper
¼	tsp. garlic powder
1	Tbs. oil

● In 10" oven-proof skillet, cook bacon over medium heat, flipping once, until crisp, about 4 min. per side. Transfer to paper towels; once cool, crumble. Remove all but 1 Tbs. bacon drippings from skillet. Add tomatoes; over medium heat, cook, stirring occasionally, until starting to soften, about 5 min. Remove and reserve.

● Heat oven to 350°F. In bowl, beat eggs with ¼ tsp. salt, ¼ tsp. pepper and ¼ tsp. garlic powder; stir in cheese. In same skillet, heat 1 Tbs. oil over medium heat. Add leeks; cook, stirring occasionally, until softened, about 5 min. Add ⅓ cup water; reduce heat to medium-low. Cover; cook until tender, 7–8 min.

● Add bacon back to skillet; pour in egg mixture. Over medium heat, cook until edges are just set, 2–3 min. Transfer to oven. Bake until set in center, 7–8 min. Top with arugula and tomatoes.

Servings: 6. Active time: 25 min.
Total time: 40 min.
Calories: 250 **Protein:** 17g **Fat:** 17g (7g sat.)
Chol.: 300mg **Carbs.:** 7g **Sodium:** 450mg
Fiber: 1g **Sugar:** 3g

Meatball ’n’ Egg Skillet

Store-bought meatballs and jarred sauce make this dish a snap

1	(16 oz.) pkg. refrigerated Italian-style meatballs
1	(24 oz.) jar chunky garden combination pasta sauce
½	tsp. ground cumin
2	cups (2"x¾" pieces) peeled butternut squash
4	eggs
¼	cup toasted panko
	Chopped fresh parsley (optional)

- Coat large nonstick skillet with cooking spray; heat over medium heat. Add meatballs; cook, turning occasionally, until browned, 5–6 min. Transfer to bowl; discard pan drippings.
- Add sauce to same skillet; stir in cumin. Add squash; bring to boil. Reduce heat to medium-low. Cover; cook until squash is tender, 20 min., adding meatballs back to skillet during last 10 min. of cooking.
- Using back of spoon, make 4 indentations in sauce; crack 1 egg into each indentation. Cover; cook until egg whites are no longer wet, 4–5 min. Sprinkle with panko. If desired, sprinkle with chopped parsley.

Servings: 4. Active time: 25 min.
Total time: 35 min.
Calories: 510 **Protein:** 29g **Fat:** 28g (8g sat.)
Chol.: 245mg **Carbs.:** 37g **Sodium:** 1,210mg
Fiber: 2g **Sugar:** 18g

Chicken Cacciatore

Pan juices flavored with savory ham and tangy olives perfectly complement these fall-off-the-bone-tender chicken pieces

- 8 chicken drumsticks and/or thighs, about 4 lbs.
- 1 onion, chopped
- 1 red pepper, quartered, sliced
- 4 oz. chunk deli baked ham, diced, ¾ cup
- 1½ cups cherry tomatoes
- ½ cup green olives
- Fresh oregano (optional)

STAPLES

- ¾ tsp. salt
- ½ tsp. pepper

● Sprinkle chicken with ¾ tsp. salt and ½ tsp. pepper. Coat 12" nonstick skillet with cooking spray; heat over medium-high heat. In 2 batches, add chicken; cook, flipping once, until browned, 3–5 min. per side, lowering heat to medium if chicken browns too quickly. Remove chicken.

● Add onion to same skillet; cook, stirring occasionally, until starting to soften, 5–7 min. Add pepper slices and ham; cook, stirring, 5 min. Add tomatoes, olives, ½ cup water and chicken, skin side up. Bring to a boil; reduce heat to medium-low. Cover; cook until chicken is no longer pink near bones, about 25 min.

● Using slotted spoon, transfer chicken, vegetables and olives to platter. Over medium-high heat, bring pan juices to a boil; cook until slightly reduced, 3–5 min. Pour over chicken. If desired, garnish with oregano.

Servings: 6. Active time: 30 min.
Total time: 1 hr.
Calories: 280 **Protein:** 41g **Fat:** 9g (3g sat.)
Chol.: 180mg **Carbs.:** 6g **Sodium:** 770mg
Fiber: 2g **Sugar:** 4g

Lines + Angles (4)

Shrimp Scampi Linguine

Serve this pasta toss with crusty bread to mop up the garlicky broth

- **8 oz. linguine pasta**
- **3 Tbs. butter**
- **⅓ cup fresh breadcrumbs, toasted**
- **1 lb. peeled, deveined jumbo (21–25) shrimp, tails on**
- **2 cloves garlic, minced**
- **¼ cup lemon juice**
- **Chopped fresh parsley + 1 chile pepper, thinly sliced (optional)**

● In large high-sided skillet of salted boiling water, cook pasta according to package directions for al dente. Reserve ½ cup pasta cooking liquid; drain pasta.

● In small microwave-safe bowl, microwave 1 Tbs. butter until melted, about 15 sec.; add in breadcrumbs; stir until evenly coated and combined. Reserve.

● In same skillet, melt 1 Tbs. butter over medium-high heat. Add shrimp; cook, flipping occasionally, until shrimp are pink and opaque, 5–6 min. Add minced garlic; cook 1 min. or until fragrant.

● Stir in lemon juice, reserved pasta cooking liquid and remaining 1 Tbs. butter until butter just melts, about 1 min. Add pasta; cook, stirring, until heated through, 1 min. Transfer to serving plate. Sprinkle with reserved breadcrumb mixture. If desired, toss with chile pepper and sprinkle with parsley.

Servings: 4. Active time: 30 min.
Total time: 30 min.
Calories: 360 **Protein:** 24g **Fat:** 10g (6g sat.)
Chol.: 175mg **Carbs.:** **46g** **Sodium:** 580mg
Fiber: 2g **Sugar:** 3g

Light as a cloud!

Kissed with lemon, this creamy citrus bakeshop beauty is guaranteed to impress yet a breeze to whip up

Chiffon Cake

From-scratch easy!

- 1 cup cake flour
- 1½ tsp. baking powder
- ¼ tsp. salt
- ¼ cup oil
- 4 eggs, separated
- ¾ cup + 2 Tbs. sugar
- 2 Tbs. lemon juice
- 1 tsp. grated lemon zest
- 1 cup heavy cream
- Yellow liquid food coloring
- 1 lemon, thinly sliced
- Mint sprigs (optional)

Easy as 1,2,3!

1 Heat oven to 325°F. Coat 8"x3" springform pan with cooking spray; wrap outside, including bottom, with foil. In bowl, combine flour, baking powder and salt. In separate bowl on low speed, beat oil, egg yolks, ¾ cup sugar, lemon juice, 2 Tbs. water and zest. Beat in flour mixture until combined. On medium-high, beat until thickened, 2–3 min.

2 In another bowl with clean, dry beaters, beat egg whites until stiff but not dry. Fold ⅓ of whites into batter to lighten. Gently fold in remaining whites until no white streaks remain. Transfer batter to pan. Bake until toothpick inserted in center comes out clean, 40–45 min. Transfet to rack; let cool.

3 Remove side of pan. Transfer cake to serving plate. On medium-high, beat cream and remaining 2 Tbs. sugar to stiff peaks. Tint ⅔ cup whipped cream yellow. Cut 4 (12"x1") strips wax paper. Spread 1 Tbs. whipped cream over 1 side of 2 strips wax paper; place around top half side of cake, cream side down. Spread yellow cream over bottom half side of cake. Chill until set, 20 min. Remove paper. Wrap remaining 2 strips wax paper over yellow cream. Spread cake top and side with remaining whipped cream. Remove paper. Halve all but 1 lemon slice; twist slice. Place halves around cake base. Top with twist. If desired, garnish with mint.

Servings: 12
ACTIVE time: 1 hr.
TOTAL time: 4 hrs., 30 min.

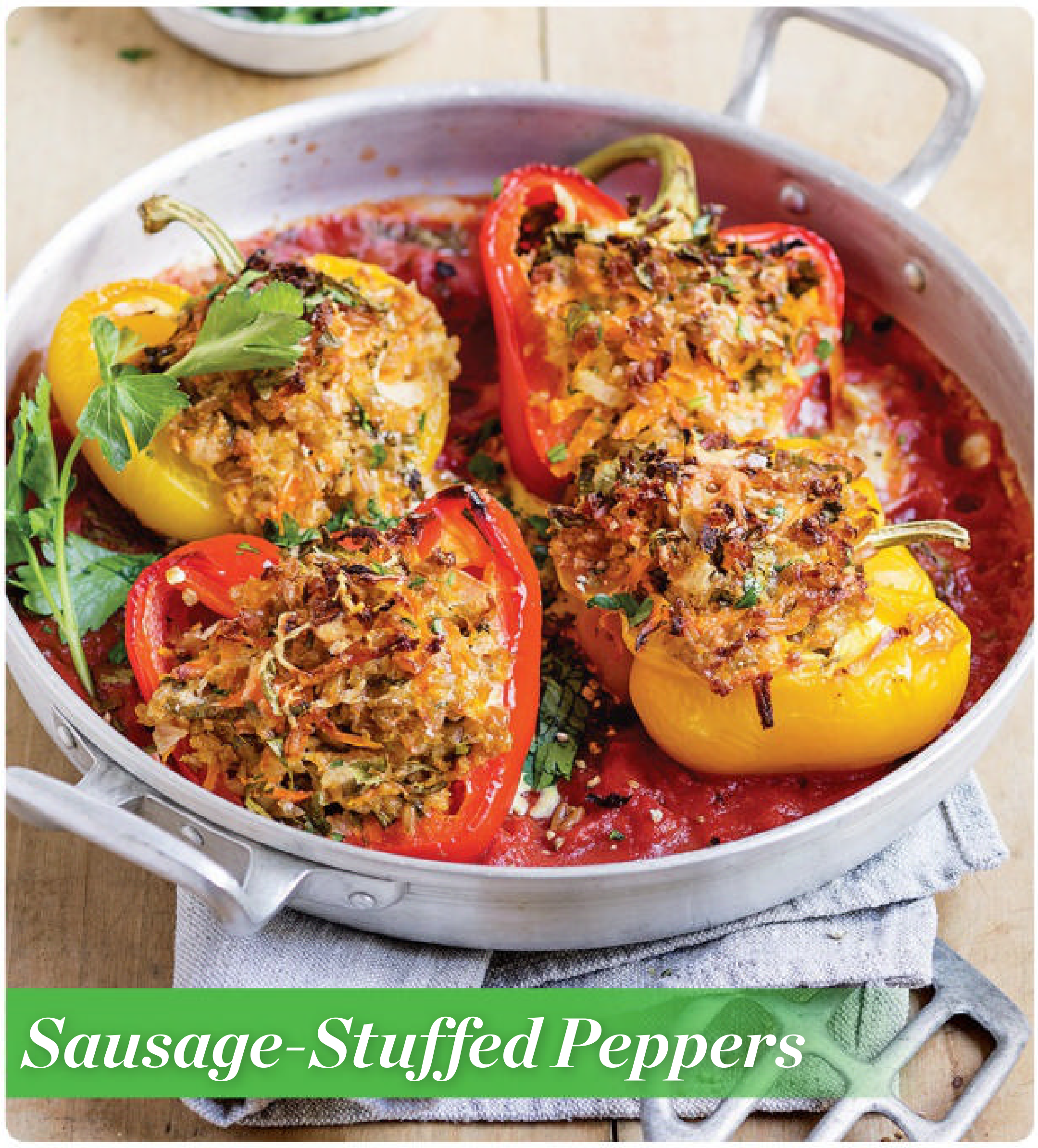
Food & Photo

Dinner made easy!

COLLECT A MEAL WW

Strawberry-Orange Punch

Green Bean Salad



Sausage-Stuffed Peppers

Lemon Curd Meringue Parfaits

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WW COLLECT A MEAL

So fast, so delicious!

Green Bean Salad

A splash of white balsamic in our simple vinaigrette plus a sprinkling of feta cheese gives this toss a sweet-tangy kick

¾ cup grape tomatoes
12 oz. green beans
2 Tbs. olive oil
1 Tbs. white balsamic vinegar
¼ tsp. salt
¼ tsp. pepper
⅓ cup sliced red onion
⅓ cup sliced black olives, drained
¾ cup Texas toast croutons
½ cup crumbled feta cheese, 2 oz.
½ cup fresh basil leaves

● Halve tomatoes; reserve. Trim beans. Bring large pot of salted water to boil. Add beans; cook until just tender, 2–3 min. Drain, rinsing under cold water until cool, about 1 min. Pat beans dry.

● In large bowl, whisk together oil, vinegar, salt and pepper. Add onion, olives, beans and tomatoes; toss until evenly coated. Add croutons, feta and basil; gently toss until coated and combined. Transfer to serving bowl.

Servings: 4. Active time: 20 min. Total time: 45 min.
Calories: 220 **Protein**: 6g **Fat:** 15g (4g sat.) **Chol.:** 15mg **Carbs.:** 18g
Sodium: 490mg **Fiber:** 3g **Sugar:** 5g

Strawberry-Orange Punch

Citrusy syrup and easy-prep fruit puree combine with rum and triple sec to create these tantalizing tipples

6 oranges
⅓ cup sugar
7 cups strawberries
1 cup gold rum
⅓ cup triple sec
¼ cup lime juice
⅓ cup fresh mint leaves

● Shave zest from 1 orange. In pot, mix sugar, zest and ⅓ cup water. Over medium heat, cook, stirring, until sugar dissolves, 1 min. Let cool; strain.

● Reserve 1 orange. Squeeze 1½ cups juice from remaining oranges. Trim and quarter 6 cups berries. In food processor, puree berries. Strain.

● In pitcher, mix rum, triple sec, lime juice, syrup, orange juice and strawberry puree. Chill. Slice remaining orange; trim and slice remaining 1 cup berries. When ready to serve, add fruit and mint to pitcher. Divide among glasses.

Servings: 6. Active time: 20 min. Total time:1 hr., 20 min.
Calories: 280 **Protein:** 2g **Fat:** 1g (0g sat.) **Chol.:** 0mg **Carbs.:** 41g
Sodium: 0mg **Fiber:** 5g **Sugar:** 32g

Lemon Curd Meringue Parfaits

Prepared pound cake makes it a breeze to layer up this treat

4 egg yolks
¾ cup sugar
3 Tbs. cornstarch
½ cup lemon juice
1 tsp. grated lemon zest + additional
1 Tbs. butter
2 cups (½") pieces pound cake, 4 oz.
12 (1½") meringue cookies, about 2 oz.

● In heatproof bowl, beat yolks. In small pot, combine sugar and cornstarch. Stir in juice, 1 tsp. zest and 1 cup water. Over medium heat, bring to boil. Cook, stirring, until thickened, 2 min. Gradually whisk half of mixture into yolks; whisk yolk mixture back into pot. Bring to boil, stirring; cook 1 min. Remove from heat; stir in butter. Transfer to bowl; let cool.

● Layer filling, pound cake and meringues in 6 (8 oz.) glasses. Garnish with additional lemon zest.

Servings: 6. Active time: 45 min. Total time: 1 hr., 45 min.
Calories: 280 **Protein:** 3g **Fat:** 9g (5g sat.) **Chol.:** 150mg **Carbs.:** 47g
Sodium:95mg **Fiber:** 0g **Sugar:** 38g

Sausage-Stuffed Peppers

Coleslaw mix and quick-cooking couscous speed prep time

⅔ cup couscous
2 tsp. olive oil
3 links chicken sausage, casings removed
1 onion, chopped
4 cups coleslaw mix
5 Tbs. chopped parsley
⅓ cup grated Parmesan
1½ cups marinara sauce
4 red and/or yellow peppers, halved, seeded

● Heat oven to 350°F. Cook couscous according to package directions with oil. Coat nonstick skillet with cooking spray; heat over medium heat. Add sausage and onion. Cook, stirring and breaking up sausage, until no longer pink, 10 min. Add coleslaw mix; cook until wilted, 1 min. Remove from heat. Stir in parsley, Parmesan and couscous.

● In bowl, whisk marinara and ½ cup water. Spoon into 13"x9" baking dish. Fill peppers with sausage mixture. Place in baking dish. Bake until tender, 30–35 min.

Servings:4. Active time: 30 min. Total time: 1 hr., 10 min.
Calories: 440 Protein: 26g **Fat:** 15g (5g sat.) **Chol.:** 75mg **Carbs.:** 47g
Sodium: 860mg **Fiber:** 9g **Sugar:** 14g

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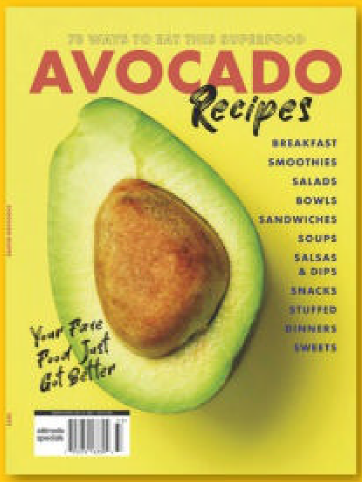
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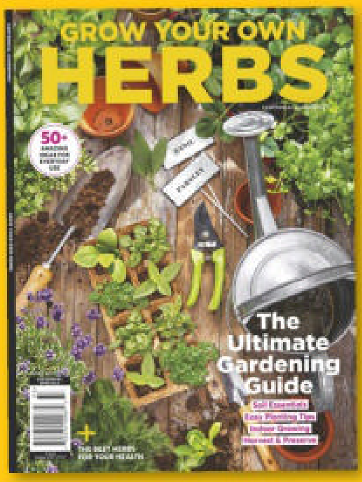
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WW YOUR HOME, YOUR HAVEN

Crafty ways to

Every day feels sunnier when your space is sprinkled with cheery accents! Here, DIY pro Katie Striegel shares the easy how-to's

For more savvy DIY tips:
Follow Katie on Instagram
@chiconashoestringdecorating

BLOOMING FOCAL POINT

Transforming your backyard into a happy haven is easy, thanks to a few cheery, DIY accents! "It's quick and affordable to craft eye-catching garden displays, like this window box, that add color and charm," says Striegel. *To do:* Gently rub the exterior of a long wooden planter with sandpaper. Add 2 coats of water-resistant yellow spray paint to planter; let dry. Pop blooms (in store-bought plastic pots) into the planter. Add 3 or 4 craft-store butterfly stakes into pots. Remove pots to water.

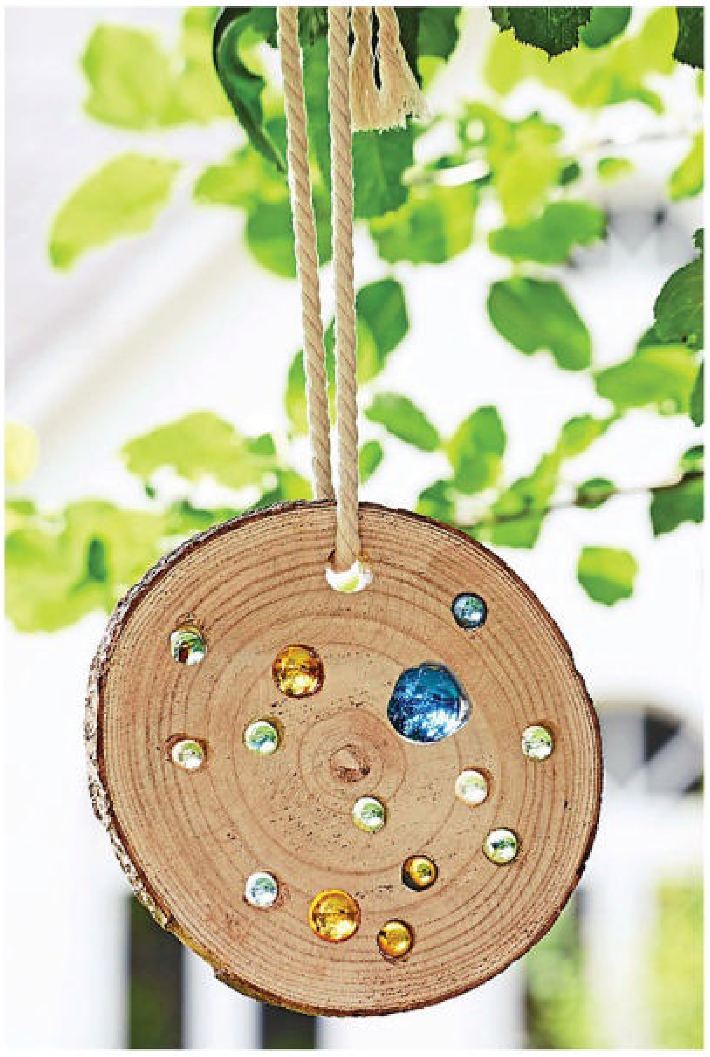
Eggplant
TOMATOES

◀ CHARMING GARDEN STONES

"These garden IDs are cute and functional," notes Striegel. "They're also simple and inexpensive to make—all you need are a few flat rocks and some paint!" *To do:* Collect flat, smooth rocks from your yard, or try Lifetop Painting Rocks, $7 for 12, Amazon.com. For each ID, dip a small, thin paintbrush in bright paint and write plant IDs (like eggplant, tomatoes, basil); let dry. For extra flair, paint on small stars, borders or mini flowers; let dry. Add a coat of gloss sealant (from the craft store) to make rocks weatherproof, then display in your garden.

Flora Press (2); Adobe Stock (2); Lines + Angles. Text: Melissa D'Agnese

pretty up your yard!

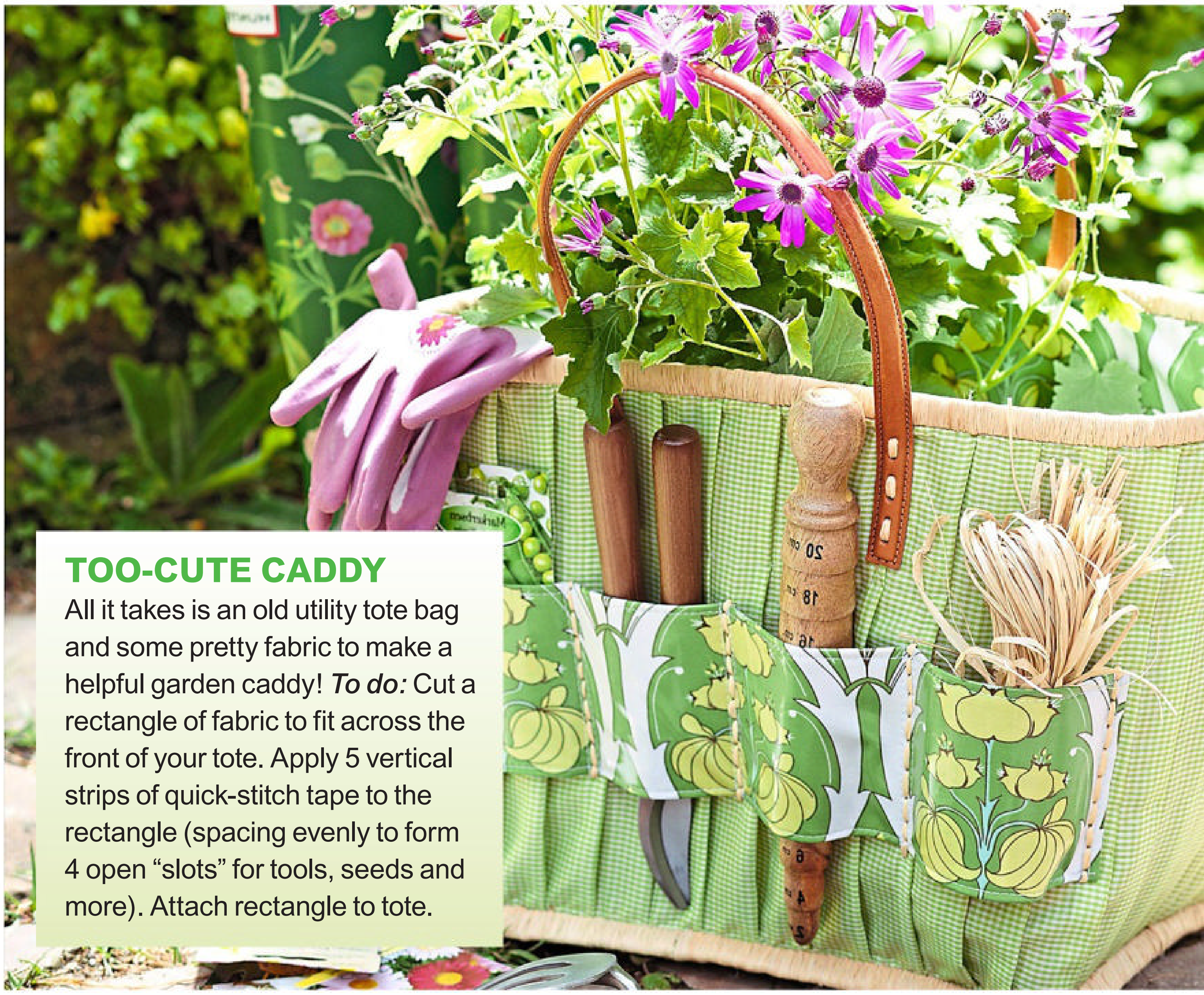


▲ TWINKLING TREE ACCENT

"A rustic sun catcher is a dazzling, one-of-a-kind addition to any outdoor space," says Striegel. "Simply hang it from a tree branch and watch it bring surprising sparkle to your yard." ***To do:*** For each, start with a wood disc or coaster from the craft store and 14 multicolored gems in various sizes. Then carefully drill 15 holes into the wood disc corresponding to the size of the gems, leaving one hole for twine. Apply clear craft glue around each gem; press into holes. Thread twine through top hole and hang from branch.

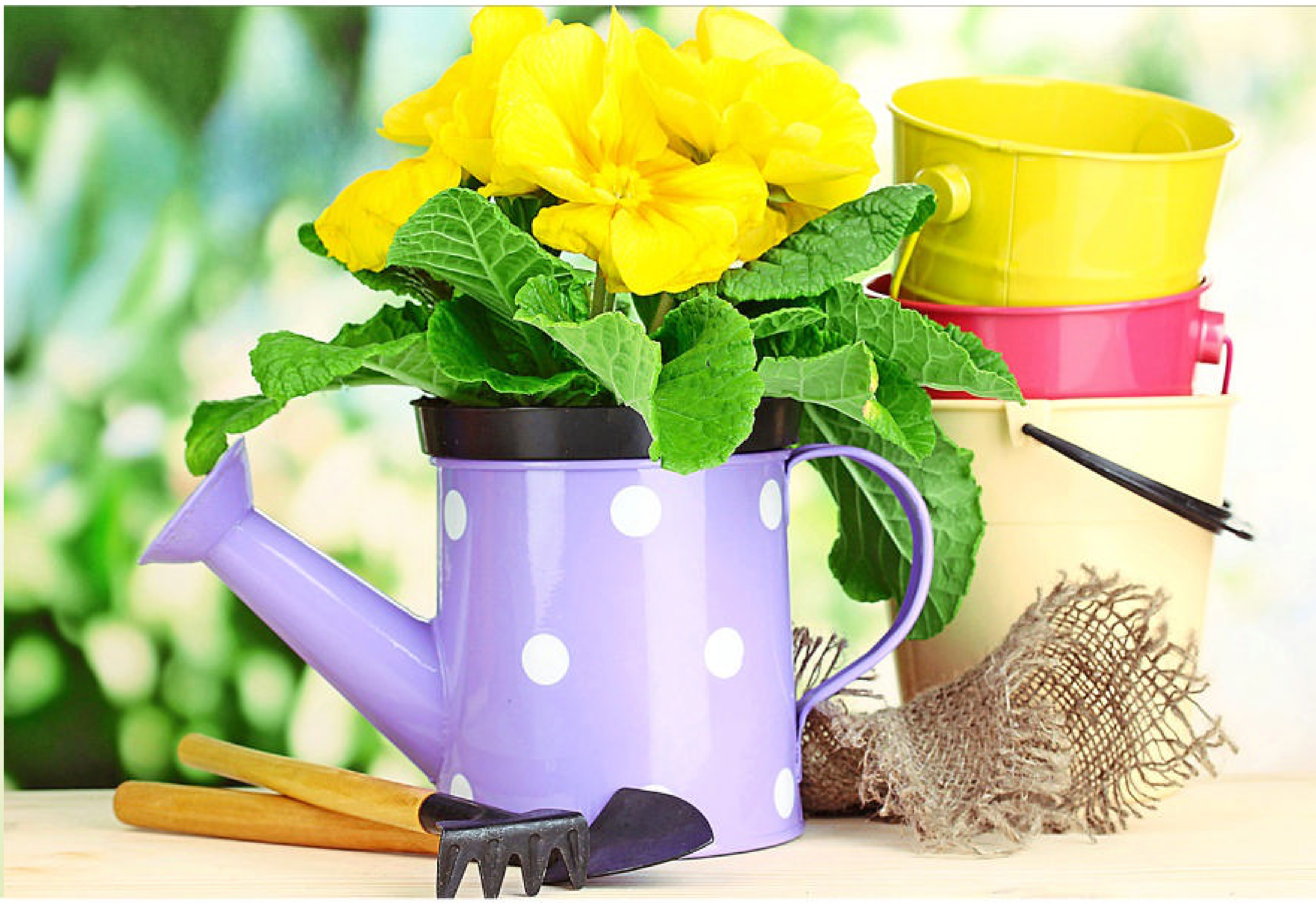
ADORABLE DOTTED DISPLAY

Thrift-store watering cans turn into lovely little planters that you can showcase in your garden or on a porch—or bring as hostess gifts to backyard gatherings! ***To do:*** For each, start by adding 2 to 3 coats of lavender paint to a small watering can (use water-resistant acrylic paint or spray paint). Let dry, then add polka dots by applying craft-store stick-on circle dots all around the can. Pop blooms (in store-bought plastic pots) into the planter. Remove pot to water.



TOO-CUTE CADDY

All it takes is an old utility tote bag and some pretty fabric to make a helpful garden caddy! ***To do:*** Cut a rectangle of fabric to fit across the front of your tote. Apply 5 vertical strips of quick-stitch tape to the rectangle (spacing evenly to form 4 open "slots" for tools, seeds and more). Attach rectangle to tote.



How to make everything last longer

Our tips will let you stretch the staples you use every day—and cut your costs in half!

Boost gas mileage *with a slow pump*

While squeezing the gas pump tightly can speed the filling process, the pressure leads to some gas turning into vapor, leaving you with less than you paid for. Instead, insert the nozzle into your tank and set the handle to the auto-pump groove, a slower speed designed to prevent vapor. Also, try filling up in the morning, when it's cooler out—gas gets denser in colder temperatures, so you'll get more bang for your buck.

Save on sponges *with a quick 'zap'*

The first step to getting twice the life out of your kitchen sponge is to cut it in half when you buy it—the smaller size is more than enough to get the typical dishwashing job done. Another trick is to microwave a damp sponge for 30 seconds every few days, says home and family expert Brenda Kosciuk (PaperHeartFamily.com). "This kills mildew, making your sponges last longer."

Help candles burn longer *with a snip*

To add 30% more burn time to candles, just trim the wicks, say Kosciuk. "Cut them to be about ¼" long. This will allow them to burn more slowly and evenly, prolonging the life of the candles."

Extend the life of printer ink *with this setting*

Ugh! You go to print out a document, only to discover you're low on ink. The fix: Cue up "draft mode," says organizer Jeniffer Smith of UrbanHomeCorner.com. On some models, this is labeled "fast/quick," "green" or "economical." "It uses half the ink of normal mode," says Smith. "The font won't be as crisp, but unless you're printing a photo, you won't notice the difference."

Make laundry detergent go further *with baking soda*

The easy key to doubling your detergent, says Kay Escobia of laundry service Liox Clean: "Simply reduce the recommended amount by half, then add ½ cup of baking soda," she says. "Not only does this stretch my supply of detergent but my clothes also come out fresher because baking soda is a natural deodorizer."

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Inflation busters

4 ways to save *even more* at flea markets!

It's flea market season, which means snagging big bargains! Here, the pros reveal the easy tricks to getting the most while spending the least

Arrive at *this* time

You may already know that you can score deep savings by shopping at the end of the day, since vendors would rather sell merchandise for less than pack it up and carry it back home. But a lesser-known time of day to find major deals? When the market opens! "A lot of vendors don't always know the value of their items," says flea market expert Robin Vinci, host of YouTube channel RockinRobin's Garage Sale Finds. As a result, they price them far below their actual value. "In fact, prices can be so low that other vendors from the same market often scoop up these bargains, then sell the merchandise they just bought in their own booths for a lot more."

Tip!

Many flea markets offer entrance-fee discounts—for example, if you're a senior, if you visit on a certain day of the week or if you buy an annual pass. Just check the market's website for ways to save!

Hint: To encourage sellers to come down on prices any time of day, put on a happy face! "If someone looks grumpy or acts annoyed, I get stubborn with prices," shares Vinci. "But if someone is friendly and kind, I'm much more flexible."

Pay less by asking *this*

A simple way to save cash when haggling: "Don't work off of the first price—for example, by asking, 'Will you take $5 less?'" advises flea market pro Emily Tieman of EmilyRetro.com. "Ask 'What's the *lowest* price you can give me?'" That's because the vendor could offer a number that's far less than you would have suggested. "I've been surprised at how low sellers have gone," says Tieman. "Once, a vintage furniture piece I wanted was priced at $125, and I was hoping the vendor would take $100. So I was shocked when she offered it at $85!"

Also smart: If you spot an expensive-looking item without a price on it, don't assume it's more than what you'd be willing to pay. "I was looking at a vintage Santa head blow mold that didn't have a price, and I know blow molds are very expensive—turns out they only wanted $10!"

Bundle *these* items

A secret that every flea market vendor knows but buyers may not be aware of: Vendor booths have "hot" areas, where they know items will sell fast, and "cold" areas for things that cost less and won't move as fast. "Most times, the hot areas are in can't-miss spots, like the front of the booth, while slow-selling products may be harder to see because they're in boxes or under tables," says Vinci. How can knowing this save you big? If you pick one item from a hot area and another from a cold area, the vendor will be far more likely to give you a price break than when buying two hot items. "I often sell a cold item at a much lower price if customers buy a hot item at the cost I want," says Vinci. "Sometimes, I even give them the cold item at no cost if the hot item is priced high."

Double-check 'bargains'

Think you found a price that's too good to pass up? There's a simple way to make sure you're getting the great deal you hope it is. "Download the eBay app to your smartphone, then search for the same item you want to buy," advises Tieman. "Check what the item has already sold for by filtering your search to see 'sold' items only." This way, you'll find out what others have paid for the same product. Keep in mind that eBay prices tend to be higher than those at a flea market since auction sellers have to pay for postage, shipping materials and listing fees. So if you see a higher or equal price on the auction site, ask for a lower one from the flea market vendor. WW

Saving science!

It's a good thing warm days are here because higher temperatures help you save more cash when you haggle! That's the word from researchers out of Florida International University, who found that hot weather increases your confidence, making you more comfortable pushing for the best possible deal when negotiating one-on-one with a seller.

Getty; Adobe Stock. Text: Gabrielle Lichterman

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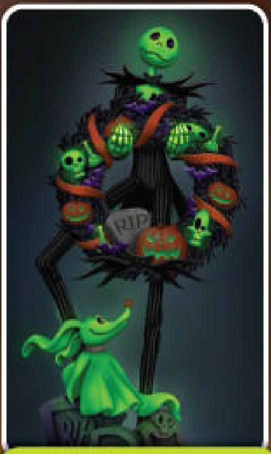
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"I make 6 figures a year with dye for 'down there' hair!"

When Nancy Jarecki learned there was no hair color so 'the carpet matches the drapes,' she created it herself—and cashed in!

BLONDE betty
BROWN betty
BLACK betty
MALIBU betty
LOVE betty
FUN betty
HAIR COLOR

Nancy Jarecki, 59,
New York City

"When my family was living in Italy, I went to the salon and noticed women were leaving with a small baggie from their colorists—extra hair color to match the hair 'down there.' I did some research and learned that hair salons in the U.S. don't sell the dye because of the liability, but I suspected there was still a market for it. I conducted a focus group of 300 salons and hair colorists and learned that women asked about the hair dye all the time. Since nothing else existed at the time, I decided to create the product myself and launched Betty.

"To get the business off the ground, I worked with a doctor who was a hair color specialist, as well as a chemist to develop a safe product. I learned all about hair color, ingredients and how to make a no-drip formula. And I chose a name that women wouldn't feel shame about when they bought the product.

"We sell kits in four natural shades (blonde, brown, auburn, black), plus Fun Betty (hot pink), Malibu Betty (aqua blue), Love Betty (vibrant red) and Sexy Betty (lilac). Women buy the product either because they have gray or they want to be a true blonde and match the hair on their head. We also sell Betty Bare, a no-smell hair-removal cream, and a men's version for facial and body hair.

"The products are sold at BettyBeauty.com, Amazon, beauty stores and drugstores. We use public relations to spread the word, but also word-of-mouth via our loyal customer base. Last November, the company was acquired, but I stayed on as a consultant. I love this business because I get to be innovative. I make six figures a year—money that goes toward new business ideas, fashion and travel!" WW

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Unwind on South Padre Island!

Stunning vistas, endless water activities, thriving wildlife and a friendly atmosphere make this bustling Texas resort town a must-see summer paradise!

Just imagining it brings joy!

Studies show that simply looking at beautiful travel photos—like these!—releases *oxytocin* in the brain, helping you feel calm, focused and energized. It's a mini vacation for your brain!

Escape to an ocean-side oasis on South Padre Island! With 34 miles of white-sand beaches and more than 300 days of sun a year, this picturesque tropical island—the only one in Texas—offers just the right mix of relaxation and adventure.

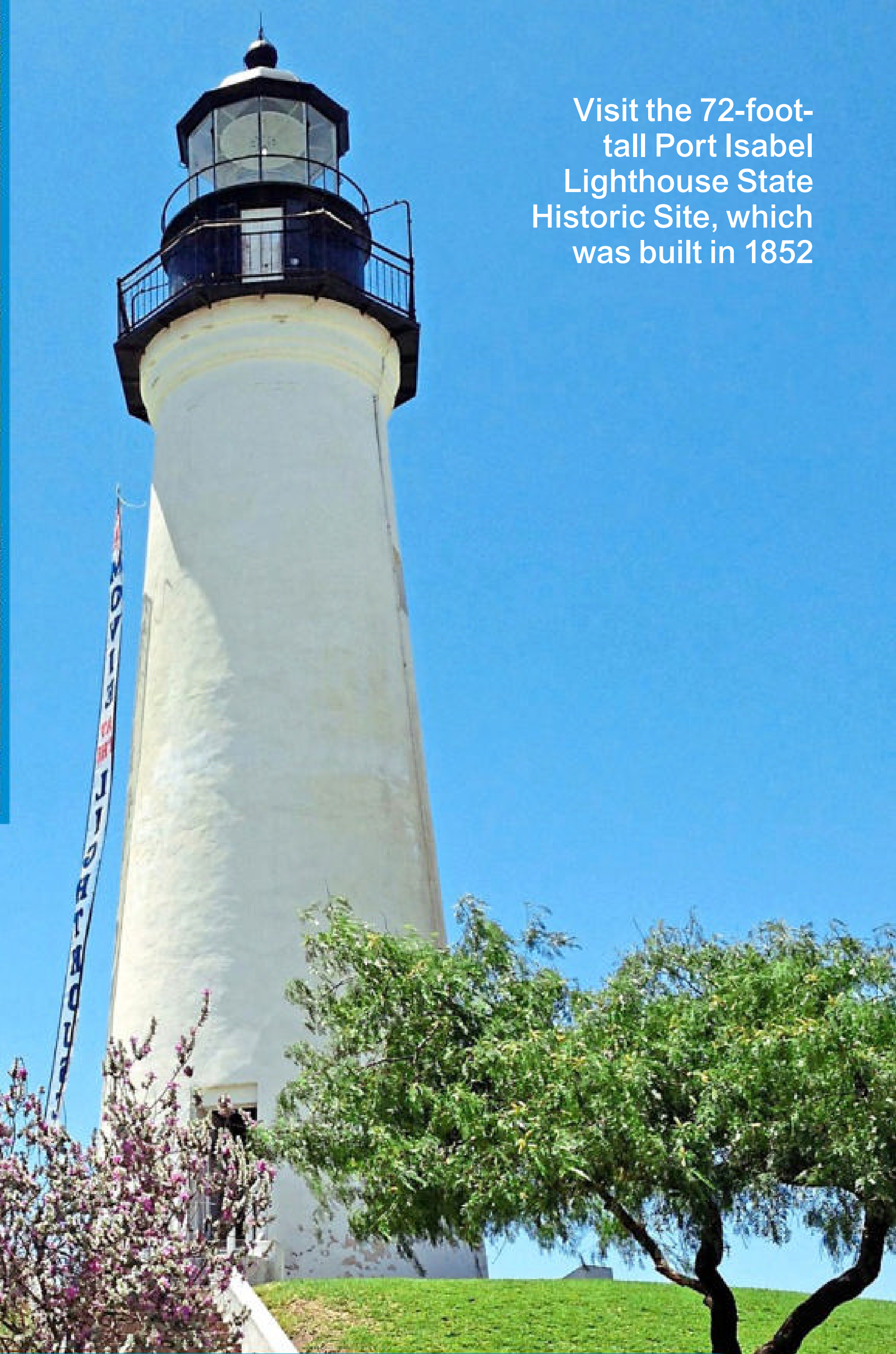
Begin your day getting up close and personal with majestic sea turtles at Sea Turtle, Inc. Learn about their turtles and what's being done for rehabilitation as you visit the animals in their care.

Once you've worked up an appetite, swing by the docks, where you can grab a bite to eat at Mahi Nic. Enjoy fresh fish, cocktails and other comfort meals while watching the boats in the area.

As dusk approaches, embark on a relaxing sunset sail with The Original Dolphin Watch company. You'll have a chance to look for pods of Atlantic bottlenose dolphins while admiring the scenery and breathtaking colors of the sky.

Take a guided bird walk at the South Padre Island Birding, Nature Center and Alligator Sanctuary to see a variety of species

Treat yourself to some relaxation by the pool at one of the island's many beautiful resorts



Visit the 72-foot-tall Port Isabel Lighthouse State Historic Site, which was built in 1852

Getty (4); Shutterstock; Adobe Stock. Text: Shay Trotter

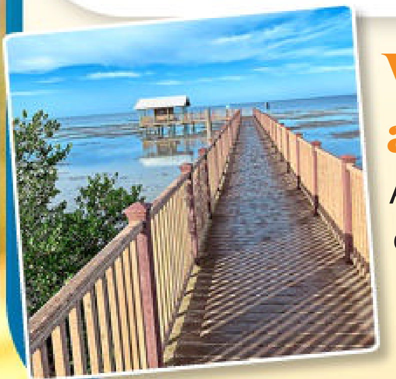
TAKE A MINI VACATION—AT HOME!

Sip on a cocktail inspired by the drinks at Blackbeards' Restaurant and take a bird's-eye view of the island!

Mango Margaritas

- ❏ ½ cup raspberries
- ❏ ½ Tbs. sugar
- ❏ 1 (16 oz.) pkg. frozen mango chunks
- ❏ ½ cup silver tequila
- ❏ ⅓ cup lime juice
- ❏ ¼ cup triple sec

● In small bowl, combine raspberries and sugar, mashing with fork. Using spoon, stir and push raspberry mixture through fine mesh strainer; reserve. In blender, combine mango, tequila, lime juice and triple sec. Cover; puree until smooth. Divide mixture between 2 glasses. Top each with half of raspberry sauce; swirl.



Virtual tour: Beautiful aerial view of the island!

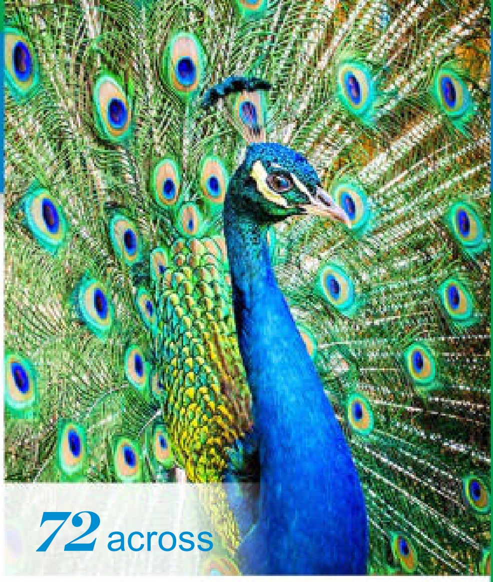
Admire the island's landscape with picturesque drone footage! Search "City of South Padre Island drone footage" on YouTube.com to see the video posted by the "Visit SPI" account.

Relax with Brain Games

CROSSWORD

Let it sparkle!

Use the letters highlighted in the finished puzzle to spell a birthstone for May



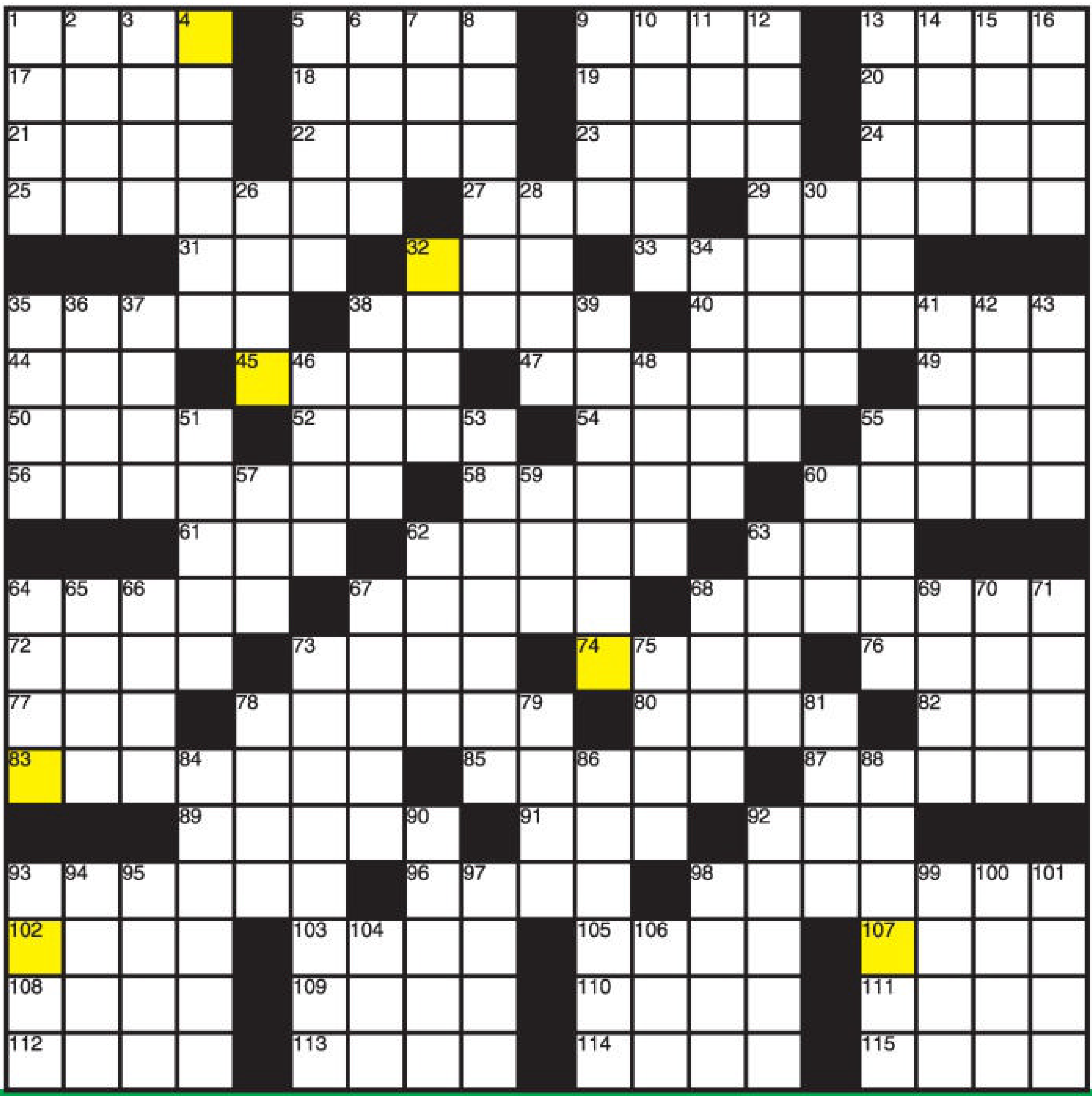
72 across

ACROSS

1 Not quite closed
5 Was in the red
9 Card in Uno
13 After-bath powder
17 Public persona
18 Pepsi or RC
19 Suffix with refer or exist
20 Triple-decker cookie
21 "Step ___!" (2 wds.)
22 Quick haircut
23 See the sights
24 Security for a debt
25 At a discount
27 "Hey…over here!"
29 Has words?
31 Same old, same old
32 "Runaway" singer Shannon
33 Got up
35 Lacks
38 Loose-fitting top
40 Not alfresco
44 Completely
45 Times past
47 Spaghetti and ziti
49 Using
50 Wordsmith Webster
52 Big boats
54 Whoop
55 Okla. neighbor
56 Sediment
58 "Goodnight" girl of song
60 People
61 Beachgoer's goal
62 Visit in a ghostly way
63 Contents of some bags
64 Speck in the ocean
67 Ladies
68 Really feel the heat
72 Peacock's pride
73 Water carrier
74 Sound rebound
76 Sleekly designed
77 Id's partner
78 Senior
80 Emcee
82 Pen point
83 Aquatic mammal
85 *Sesame Street* regular
87 Desert areas with water
89 Royal band
91 Velvet finish?
92 .001 inch
93 Down's opposite
96 "You ___ be kidding!"
98 Friendly
102 Student aid
103 "No returns"
105 Those people
107 Coupe or convertible
108 Verge
109 Three squared
110 Continental currency
111 Seafood choice
112 Spring purchase
113 Walked over
114 Young socialites
115 Tennis great Arthur

DOWN

1 Get an ___ effort (2 wds.)
2 Author Austen
3 Battery fluid
4 Bring back to the store
5 Two barbershop groups
6 Microsoft product
7 Inventor Whitney
8 Add some moisture
9 Tennis units
10 Comb stoppers
11 Post-E.R. place
12 Kind of ad
13 Ohio city
14 Star turn
15 Scallion-like veggie
16 Tricks
26 Precious
28 Lingerie item
30 Pea holders
32 Twilight time
34 Proof of ownership
35 Round of applause
36 Skin moisturizer
37 High-five sound
38 Bakery product
39 Hot stuff
41 Locket shape
42 Skating place
43 Talk back to
46 Word before check or date
48 Transmitted
51 Traveler's stopover
53 Short-haired cat
55 Australian "bear"
57 Was on the bottom?
59 Wish undone
60 Professional's charge
62 Word before and after "against"
63 Terrible time?
64 Big-ticket ___
65 Tale
66 Roaring feline
67 Dentist's request
68 Sole supporter?
69 Perfect scores
70 Buffalo water
71 Takes the wrong way?
73 Agreeable
75 Goatee site
78 Singer Redding
79 "___ chic"
81 Work hard
84 Made amends
86 Caught, as a fish
88 Petting zoo animal
90 Protein building block, for short
92 Office notes
93 Stout relatives
94 Secret message
95 See red
97 Previously owned
98 Parsley or sage
99 Canine's coats
100 The Beehive State
101 Stud site
104 "Dear ___ or Madam"
106 Tint



Sudoku

Fill the empty squares with the numbers 1 through 9 so that each row, column and 3x3 square contains all the numbers from 1 through 9

	3				8			
		9		3	6			
			9	4		3		8
6	4	3				5		7
	1						3	
7		8				6	9	1
2		7		6	9			
			8	7		4		
			2				6	

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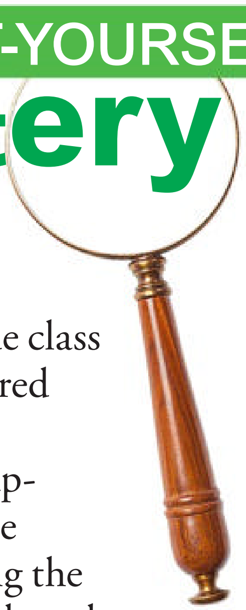
For answers to Crossword and Sudoku, turn to pg 50

SOLVE-IT-YOURSELF

Mystery



Practice, practice

Miss Stanton's third-grade class giggled and chattered like little magpies.

Miss Stanton suppressed a smile. She remembered feeling the same excitement when she was in kindergarten and her class took a field trip.

This was the school's Spring Festival. The park stretched out like a green carpet, sparkling in the sunlight. At the shaded end, a big sign said *Ice Cream* with the sundae station just up the hill from the parking area.

One of the volunteer fathers produced a large bill from his pocket. "If you have change," he said to a helper behind the table, "I'd like to buy a sundae for everyone in the class…and one for Miss Stanton as well!"

Squealing kids scrambled to get in line. The principal, Mrs. Basil, counted noses to tally the total due for the sundaes.

"Do you see that?" Miss Stanton asked her children. "People use math every day, in all sorts of ways."

In art and math today they'd been studying parts. In math, the parts of the number four—two plus two, one plus three, or even one plus one, plus one, plus one—and in art, the colors that blended to make other colors.

"Practice, practice," she encouraged the children.

Their thoughts were interrupted by Mrs. Basil's sharp voice: "Well, that doesn't make any sense. Where is it?"

"It was on that shelf this morning," a volunteer reported.

Another agreed. "That's where I put it. I got lots of change since I was sure we'd need it."

"What's the problem?" Miss Stanton asked.

Mrs. Basil lowered her voice. "The cash box is missing."

They made a quick survey for suspects. A group of older kids raced around in a game of kickball, a woman out for a walk pushed a baby stroller along the sidewalk around the edge of the park, a man in a plaid shirt and green vest, the words *Park Service* stenciled on the back, moved slowly along, picking trash and adding it to a bag.

But no box. And no one scurrying away to hide one.

Mrs. Basil reached for her phone to call for the police.

Officer Kemp, a stocky middle-aged man, responded. He gave Mrs. Basil a bewildered look. "Taken just now?"

A crisp nod from Mrs. Basil.

"Hmm." Officer Kemp called for backup, then gathered the children around to ask if anyone had seen the box.

No one had.

Sophie Trentwell tugged at Miss Stanton's arm and whispered, "Blue and yellow." Sophie was one of Miss Stanton's special children. Very shy and quiet, she rarely spoke.

Kemp's ears perked. "Blue and yellow?"

There was a girl in the kickball game with a blue shirt and yellow hat. She looked younger than the rest of the kids. Miss Stanton doubted she could lift the box, let alone steal it.

One of the kids pointed to a woman pushing a stroller. "She has yellow sneakers." Officer Kemp approached her.

A blanket covered the carriage, protecting the inside from the sun. He explained that he needed to look in the stroller. The woman gaped. "I just got him to sleep!"

Officer Kemp lifted the blanket. A round-faced baby blinked once and started to scream. Kemp dropped the blanket and backed away, apologizing. Glaring back at Kemp, the woman pushed on.

"Blue and yellow?" Miss Stanton asked Sophie. "You're sure?"

Sophie nodded solemnly. "Blue and yellow. Like in class."

"We studied how everything breaks into parts today," Miss Stanton explained to Officer Kemp. "How—" She stopped and looked in amazement at Sophie. "Now I get it."

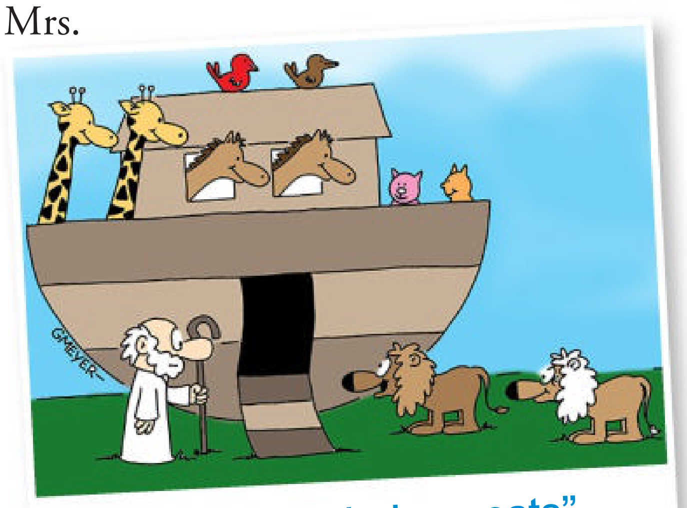
"Then explain it."

"She's only telling the parts of the story." When Miss Stanton explained, Officer Kemp shot a quick glance at the culprit, moving slowly but definitely toward a car in the parking lot. He signaled an officer to intercept.

—*Gary Delafield*

Q: What gave the culprit away?

A: Turn to pg 51



"We'd like window seats"

Order Up!

Can you guess which happened first, second and third?

___ **A.** Barbie Dolls make their debut

___ **B.** Simon & Garfunkel hit the charts with "Homeward Bound"

___ **C.** Ronald Reagan marries Nancy Davis

Person, Place or Thing?

Can you guess what I am?

- ☐ I come from a blended family
- ☐ A lot of boys had crushes on me
- ☐ I went to Westdale High
- ☐ I've got a "bunch" of siblings
- ☐ The actress who played me was on *Dancing with the Stars* in 2016
- ☐ I think Davy Jones is dreamy
- ☐ My middle sister is jealous of me
- ☐ I am a fictional character
- ☐ I was hit in the nose with a football
- ☐ Florence Henderson played my TV mom

Order Up! C. 1952 A. 1959 B. 1966

Person, Place or Thing? I am Marcia Brady

My Guardian Angel

Readers share their stories of divine intervention

My grandsons, my precious angels

Woman's World reader Shirley Veer was surprised when her two grandsons found a way to make her smile all the way from Heaven. She writes:

On September 1, 2019, my husband and I lost our grandson Robby in a vehicle accident. The following year, on September 3, our grandson John died from an epileptic seizure. Both were in their early 30s.

Two days after John passed, my daughter Lori came to my house and said, "Mom, I have something for you." She gave me a card that John had made for me four years before, when I was having heart surgery. He had written "Grandma" across the top in fancy calligraphy. Under that, he'd drawn a rose, and written the words: *This rose will never wilt. I love you, John.*

Lori had not opened her car glove box since she put the card in there four years before. Then, two days after John passed, she suddenly opened it.

Two weeks later, I was puzzled when I heard music coming from the drawer of my nightstand. I was surprised to find an old phone ringing.

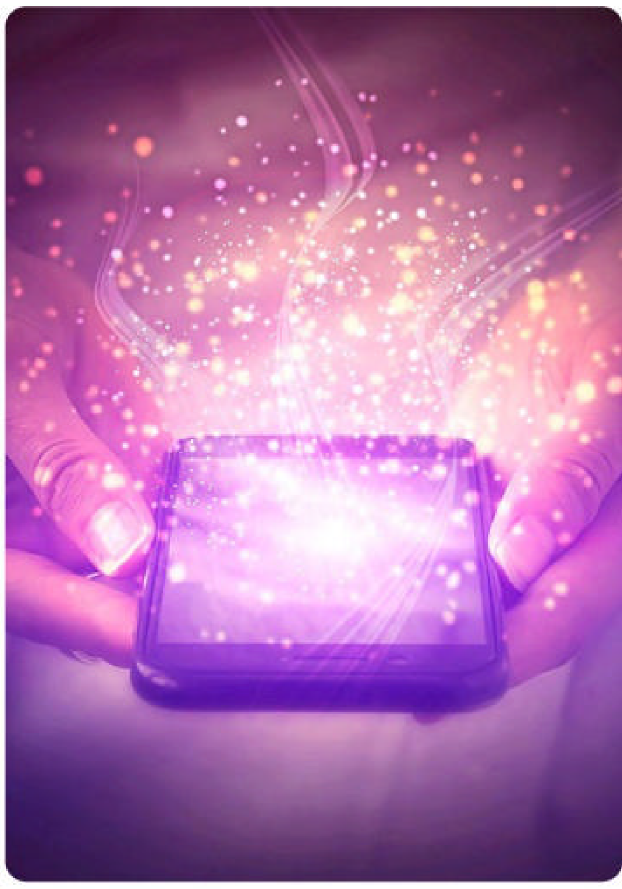
Two years had gone by since I had replaced that phone with my new one. The phone company had removed everything from that phone and transferred it all to my new phone. Twice, I had tried to charge up the old phone, thinking my great-grandkids could play with it, but it wouldn't take a charge.

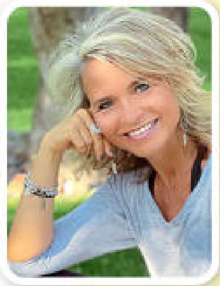
> ***"The old phone was lit up and ringing!"***

Now it had an 80% charge. It also had all the old information restored!

I called Jeff and Sherrie (John's parents) and Melodie, (Robby's mom). I told them to come to see my phone. The phone was now at 46%. John's birthday is 4/6/1990. After the phone went dead again, I tried to get it to charge, but it will not take a charge.

I believe that John and Robby caused Lori to open her glove box and made my phone ring. They always enjoyed playing pranks on me. I think they took one more opportunity to let me know that they are okay.





ANGEL EXPERT SUNNY DAWN JOHNSTON SAYS…

"It is such a blessing when you can recognize the signs and messages from our loved ones in the spirit world. In Shirley's case, it is an unmistakable sign that her beloved grandsons are with her. The symbolism that the boys showed, not just with the music playing through the old unused phone but the 46% charge, signifying John's birthday, is not a coincidence. And how fun that her grandsons haven't lost their touch for the pranks they were known for playing…this time to bring joy, happiness and a knowing that they are okay."

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If you have an angel story you'd like to share, please send it, along with a clear photo of yourself and your name, address and phone number to: Angels, *Woman's World,* 270 Sylvan Ave., Englewood Cliffs, NJ 07632, or email us at Angels@WomansWorldMag.com. By submitting your story, you are granting *Woman's World* permission to use it and your photo in the print magazine, on our website and/or in future special issue publications. Submissions may be edited for style.

Sunny Dawn Johnston (SunnyDawnJohnston.com and Facebook.com/SunnyDawnJohnstonFanPage) is an internationally known angel expert. She is the author of 20 books, including *Invoking the Archangels, The Love Never Ends* and *365 Days of Angel Prayers,* as well as her latest bestselling card deck, *The Multi-Dimensional Oracle.*

7 Days of Inspiration

Take one a day and feel great all week!

Day 1
There is a dream you were meant to live

Day 2
You have won someone's heart

Day 3
Negativity never does anyone any good. Positivity always does!

Day 4
Life gets better and better when you let it

Day 5
You have so much to offer

Day 6
Miracles still happen. Every day!

Day 7
You can do this!

Circle of kindness

Readers share little reminders of how much goodness there is in the world

"I WAS TOUCHED BY HER OFFER!"

I have a difficult time walking due to arthritis. One day, I had just parked my car. After slowly getting out, I began to carefully make my way along the sidewalk to a store. Whenever walking, I look for something to hold on to for balance. So this time, I reached for the wall of the store. This is when a kind woman who was about to enter her car came over to me and asked, "Are you all right? Do you need help?" I explained that it was just my arthritis, and I was fine and thanked her for her offer. I admitted to her that no one has ever stopped and asked me that before and I was touched that she did. There are many nice people everywhere. —*Anna-Marie Sparks, Loudon, NH*

"IT MEANS SO MUCH HOW THEY LOOK AFTER ME!"

I am a senior citizen, and I work a few evenings a week at an upscale car dealership. The moment I walk into work, there is always a salesman offering to get me a coffee, beverage or snack. Then every time the weather is bad, one of them will always volunteer to walk me to my car or bring my car around to the front door for me. Even though they do these acts of kindness for me all the time now, I am still—and always will be—so appreciative. They all look after me so well, and I'm so grateful for them. It means so much!

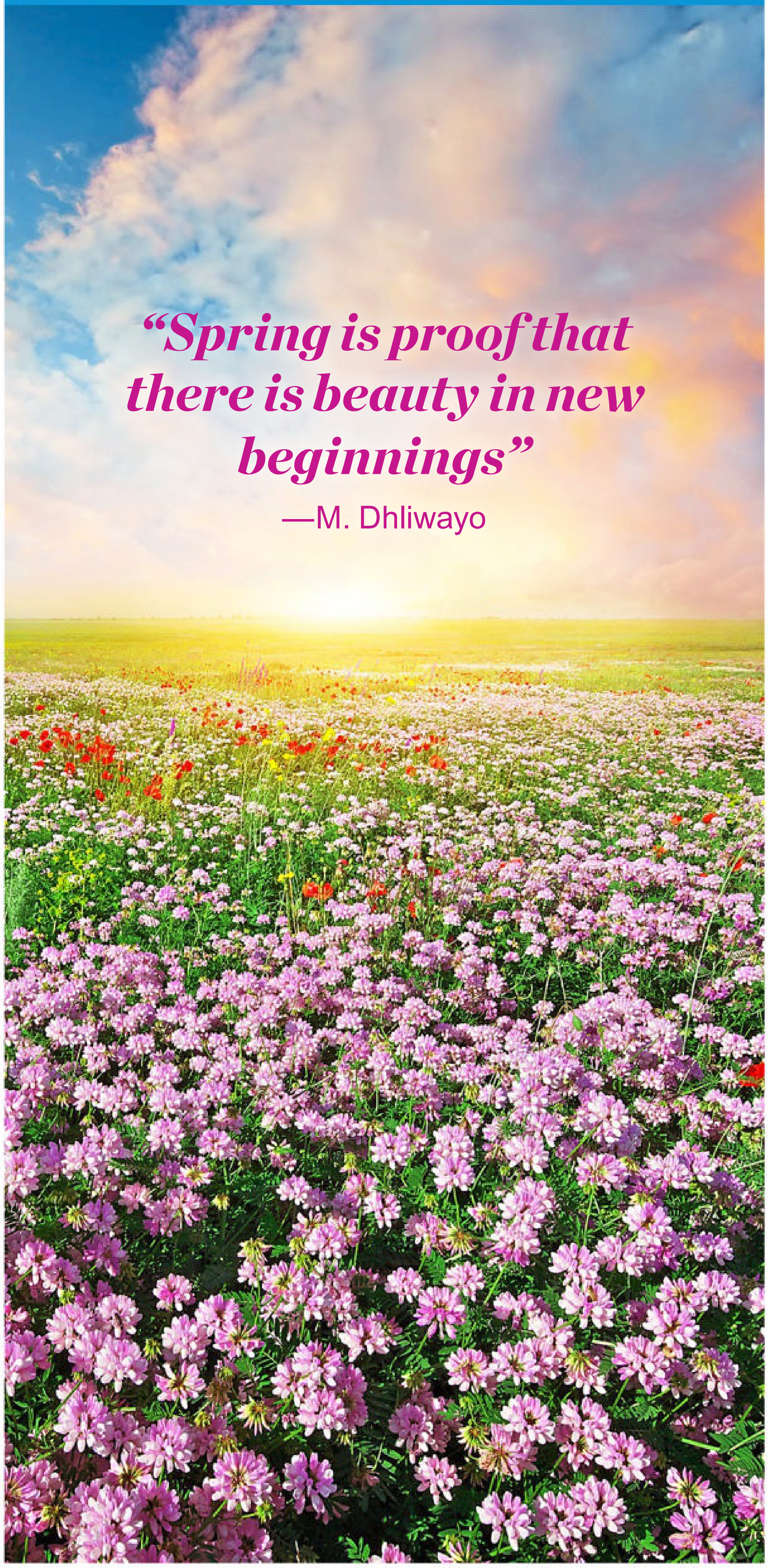
—*Jane Bryant, New Berlin, WI*

"HE INSPIRED ME TO SPREAD THE KINDNESS AND LOVE!"

I was in line at the grocery checkout behind a young man. Noticing my bag of kitty litter, he asked me if I had a cat. I told him I did and that she was almost 20 years old. "This might sound weird," he said, "but I have a 20-pound bag of dry cat food in my car. My cat won't eat it, and it isn't even opened." He said he wanted to give it to someone who could use it. "Would you like it?" he asked. "Sure," I said, following him to his car. He smiled and handed the bag to me. "God bless you," I said. This made me resolve to do small acts of kindness for others to spread the love even more! —*Sharon Harmon, Orange, MA*

Instant ahh...

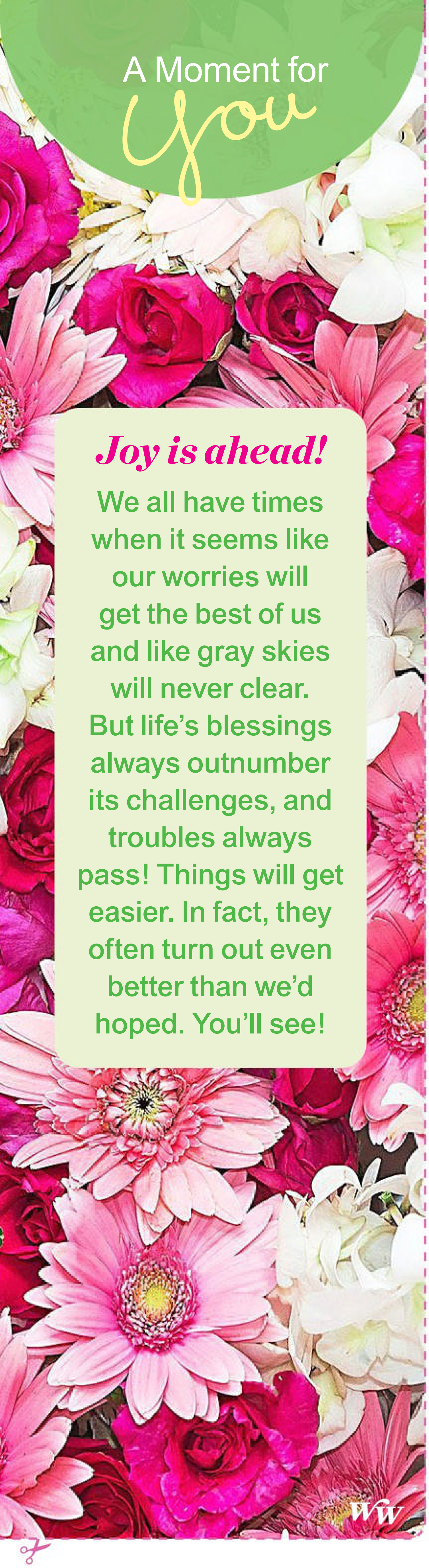
Take a moment to leave your worries behind and lose yourself in loveliness



"Spring is proof that there is beauty in new beginnings"

—M. Dhliwayo

Do you have an act of kindness of your own to share? We thought so! Please email it, along with your name, address and a clear photo of yourself to: CircleOfKindness@WomansWorldMag.com. Or mail it to: Circle of Kindness, *Woman's World,* 270 Sylvan Ave., Englewood Cliffs, NJ 07632. By submitting your story, you are granting *Woman's World* permission to use it and your photo in the print magazine, on our website and/or in future special issue publications. Submissions may be edited for style.



A Moment for You

Joy is ahead!

We all have times when it seems like our worries will get the best of us and like gray skies will never clear. But life's blessings always outnumber its challenges, and troubles always pass! Things will get easier. In fact, they often turn out even better than we'd hoped. You'll see!

Love to the rescue

After a disastrous morning, Eleanor is about to have a muffin catastrophe at the grocery store, when a gallant stranger steps in to save the day

Holding the handle of her busted grocery bag, Eleanor gaped as her blueberry container skidded across the parking lot.

Could her morning get any crazier? Perhaps she could get toppled by a meteor?

First, the dog had kept her awake all night. Then she discovered she was out of coffee. Now the blueberry cupcakes she'd promised Judy for the grand opening of the *Too Much to Mention* flea market were endangered.

Eleanor closed her eyes, breathing deep, when a deep voice startled her. "Hang on! I'm pretty sure I can rescue those berries under the Jeep."

Eleanor popped open her eyes. A man was striding over. He couldn't suppress his grin…or his striking good looks.

"Consider it my good deed for the day," he said and knelt beneath the truck.

Her friend Judy claimed that deep breaths helped de-stress, but Eleanor felt like a whirligig in a windstorm. She surely looked it too, since she hadn't bothered with makeup. She checked her reflection in a car window and shrieked. She'd forgotten to remove the gigantic purple chip bag clip holding up her hair.

She looked like a demented peacock. No wonder the blueberry hero was grinning!

And now he was heading back her way, still smiling. If she snatched the bag clip and released her graying tumbleweeds, she'd look even more ridiculous. Plus, he might think she was flirting. Was she? It'd been so long, she'd forgotten how. "I can't thank you enough," Eleanor said while digging in her purse for some cash to repay him. But her wallet held plastic only, and one lost breath mint.

"Too much to mention," he blurted. The sunlight on his face highlighted the laugh crinkles that radiated from his friendly green eyes and the gray rippling his wavy dark hair.

Eleanor paused, unsure of what to say. "Of course," she said. "You've been overly generous and kind, but I won't mention it."

The man tipped back his head and laughed. "No, no…the flea market opening in my grandfather's old dairy barn? I

> *"His strong hand held hers as he spoke, sending a shock through her"*

Shutterstock (2)

Turn upside down for Brain

This week's Crossword solution

A	J	A	R	■	O	W	E	D	■	S	K	I	P	■	T	A	L	C
F	A	C	E	■	C	O	L	A	■	E	N	C	E	■	O	R	E	O
O	N	I	T	■	T	R	I	M	■	T	O	U	R	■	L	I	E	N
R	E	D	U	C	E	D	■	P	S	S	T	■	S	P	E	A	K	S
■	■	■	R	U	T	■	D	E	L	■	S	T	O	O	D	■	■	■
H	A	S	N	T	■	T	U	N	I	C	■	I	N	D	O	O	R	S
A	L	L	■	E	R	A	S	■	P	A	S	T	A	S	■	V	I	A
N	O	A	H	■	A	R	K	S	■	Y	E	L	L	■	K	A	N	S
D	E	P	O	S	I	T	■	I	R	E	N	E	■	F	O	L	K	S
■	■	■	T	A	N	■	H	A	U	N	T	■	T	E	A	■	■	■
I	S	L	E	T	■	W	O	M	E	N	■	S	W	E	L	T	E	R
T	A	I	L	■	P	I	P	E	■	E	C	H	O	■	A	E	R	O
E	G	O	■	O	L	D	E	S	T	■	H	O	S	T	■	N	I	B
M	A	N	A	T	E	E	■	E	R	N	I	E	■	O	A	S	E	S
■	■	■	T	I	A	R	A	■	E	E	N	■	M	I	L	■	■	■
A	C	R	O	S	S	■	M	U	S	T	■	H	E	L	P	F	U	L
L	O	A	N	■	A	S	I	S	■	T	H	E	M	■	A	U	T	O
E	D	G	E	■	N	I	N	E	■	E	U	R	O	■	C	R	A	B
S	E	E	D	■	T	R	O	D	■	D	E	B	S	■	A	S	H	E

Crossword Jumble: Emerald

think I've seen you helping Judy set it up."

Eleanor's eyes widened. Judy had said she'd needed to meet the single owner, Bart something, with "single" spoken a few decibels louder than the rest. He had retired, moved to the family farm outside Greenwood and restored it.

"So that's why you lured me back to Greenwood," Eleanor had joked. "And I thought it was to help you market moth-eaten corsets or whatever the dealers bring."

Judy had shrugged. "You just deserve to meet someone as wonderful as you."

Now Eleanor looked at—was it Bart?—who was still chuckling about their miscommunication.

"Oh yes—I'm an old friend of Judy's. She enlisted me." Eleanor extended her hand as they introduced themselves.

Bart's strong hand held hers as he spoke, sending a shock through her. "I admit I was a bit worried about Judy attracting customers to her flea market in the sticks, but she insisted her best friend since first grade could work marketing magic."

Eleanor gulped. "Marketing magic… she'll never let me forget the jellybeans I smashed between graham crackers and sold for a nickel on the playground!"

Bart's lightheartedness was contagious as Eleanor added, "But I've never sold vintage prom dresses and musty horse collars before, so we'll see how this goes."

"Hanging on the same rack," Bart said. "Judy gave me a tour and I must say I was intrigued. Do people really buy rusty milk cans and bottomless hickory chairs?"

Eleanor nodded vigorously. "Primitive and rustic farmhouse decor has its charms."

Bart's eyes widened. "Well, I better rent a space to sell my wares because I have sheds heaped with that kinda charm!"

The two chatted easily about the junking business and sights around town. Bart noted he'd always loved visiting his grandparents' farm and was enjoying restoring it.

Ten minutes had swooshed by when Eleanor reluctantly put her hand on her car door handle and said she better get home to bake the cupcakes for the grand opening.

"Free food is my best marketing lure," she said in a conspiratorial whisper.

He chuckled. "Well, you've certainly attracted my attention, Eleanor," he said. And this time, there was no miscommunication in his words or in his warm gaze. And just like that, Eleanor's topsy-turvy morning felt absolutely perfect. *—Marti Attoun*

Games Answer Key

Games on pages 46–47

Mystery solution

During their lessons, the students had studied math and the color wheel, during which time Miss Stanton had explained that mixing blue and yellow made green. When Sophie saw the man in the green vest with the cash box, she remembered the goal of the day: to practice her lesson in parts. So instead of saying the vest's actual color, she repeated the parts that made it—blue and yellow. The man was apprehended and the cash box was returned.

This week's Sudoku solution

4	3	1	7	2	8	9	5	6
8	7	9	5	3	6	1	4	2
5	6	2	9	4	1	3	7	8
6	4	3	1	9	2	5	8	7
9	1	5	6	8	7	2	3	4
7	2	8	3	5	4	6	9	1
2	5	7	4	6	9	8	1	3
1	9	6	8	7	3	4	2	5
3	8	4	2	1	5	7	6	9

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WW YOUR HOROSCOPE

For the week of Sunday, May 21, to Saturday, May 27

by Maressa Brown

GEMINI May 21–June 20

From the 21st on, a surge of confidence fuels your ability to pursue big-picture goals. And come the 22nd, you could be offered the chance to start a new undertaking with friends. Check in with your gut before diving in.

Your lucky days: May 21, 24, 25

Your lucky numbers: 1, 2, 12

VIRGO Aug. 23–Sept. 22

A burst of confident energy can catapult you into a leadership position come the 24th. Trust that you have what it takes. On the 27th, brainstorming with friends could fuel an eye-opening experience. Take a leap of faith!

Your lucky days: May 21, 22, 23

Your lucky numbers: 6, 9, 10

SAGITTARIUS Nov. 22–Dec. 21

From the 23rd on, bonding time with loved ones brings joy. Then, on the 24th, your appetite for personal growth could lead you to commit to an experience you may not have time for. Consider the big picture before diving in.

Your lucky days: May 24, 25, 26

Your lucky numbers: 7, 9, 16

PISCES Feb. 19–Mar. 20

Spend more time with loved ones on the 25th: It will prove restorative for your overall well-being! Then, express your emotions through an artistic project on the 27th. Taking a class could prove especially satisfying.

Your lucky days: May 21, 22, 23

Your lucky numbers: 3, 4, 5

CANCER June 21–July 22

You'll be itching for more solo time daydreaming, resting and recharging on the 23rd. Own it: This could end up making you more productive. On the 26th, you could be inspired to start a group project. Go for it!

Your lucky days: May 21, 22, 23

Your lucky numbers: 2, 11, 12

LIBRA Sept. 23–Oct. 22

From the 22nd on, get out of your comfort zone by shaking up your routine with a road trip or taking a course. You'll thrive! Then, a heart-to-heart with a loved one on the 25th could fuel a breakthrough. Enjoy the moment.

Your lucky days: May 24, 25, 26

Your lucky numbers: 8, 9, 17

CAPRICORN Dec. 22–Jan. 19

From the 21st on, you'll have the wind in your sails as you tackle to-do's, which can't help but bolster your inner peace. And on the 25th, say yes to a creative project. Following your gut can be thrilling *and* fulfilling.

Your lucky days: May 22, 23, 27

Your lucky numbers: 5, 6, 8

ARIES Mar. 21–Apr. 19

From the 21st on, your social calendar will be packed. Be sure to build in time-outs to rest and recharge. On the 23rd, you might be compelled to turn a fulfilling hobby into an extra source of cash. Go for it!

Your lucky days: May 23, 24, 25

Your lucky numbers: 1, 2, 3

LEO July 23–Aug. 22

Spending more time with friends on the 21st has you feeling more connected and confident. By joining forces, you're sure to reach your goal! On the 25th, tuning in to your dreams motivates you to set a powerful intention.

Your lucky days: May 24, 25, 26

Your lucky numbers: 1, 11, 12

SCORPIO Oct. 23–Nov. 21

Share more of what's in your heart with your nearest and dearest on the 21st. It will bolster bonds. And on the 26th, stepping out of your usual grind alongside a friend can make for an exciting time and wonderful memories.

Your lucky days: May 21, 22, 23

Your lucky numbers: 7, 8, 9

AQUARIUS Jan. 20–Feb. 18

Prioritizing spontaneous get-togethers brings lighthearted fun into your daily routine on the 22nd. And on the 26th, enlisting loved ones to help you check to-do's off your list can set the stage for a heartwarming moment.

Your lucky days: May 21, 22, 26

Your lucky numbers: 4, 6, 11

TAURUS Apr. 20–May 20

You'll enjoy a surge of confidence related to money on the 22nd. Share that idea you've been keeping in your back pocket. On the 24th, you may bite off more than you can chew on a project. Slow and steady leads to a win.

Your lucky days: May 21, 22, 23

Your lucky numbers: 1, 2, 4

Genie Francis
May 26, 1962

Happy Birthday! Year-ahead forecast for those born this week

Gemini, get ready for fun! From early to late June, messenger Mercury moves through your sign, bolstering your ability to communicate your ideas. Your confidence soars and you're sure to make an impression on everyone in your circle. From late June to early July, communicator Mercury in your money zone boosts your desire to research new ways to bring in cash. You can talk through potential game plans with friends and colleagues, gather information and figure out the best path forward. From early to late July, curious Mercury moves through your communication zone, and your social life is sure to be thriving even more than usual. Lively conversations and brainstorms bring you a well-deserved surge of joy.

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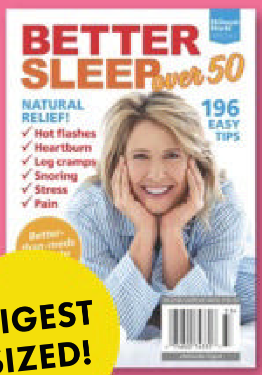
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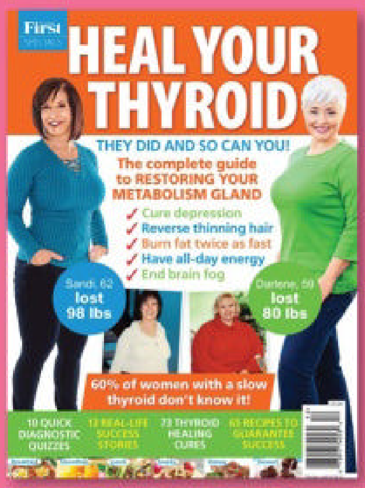
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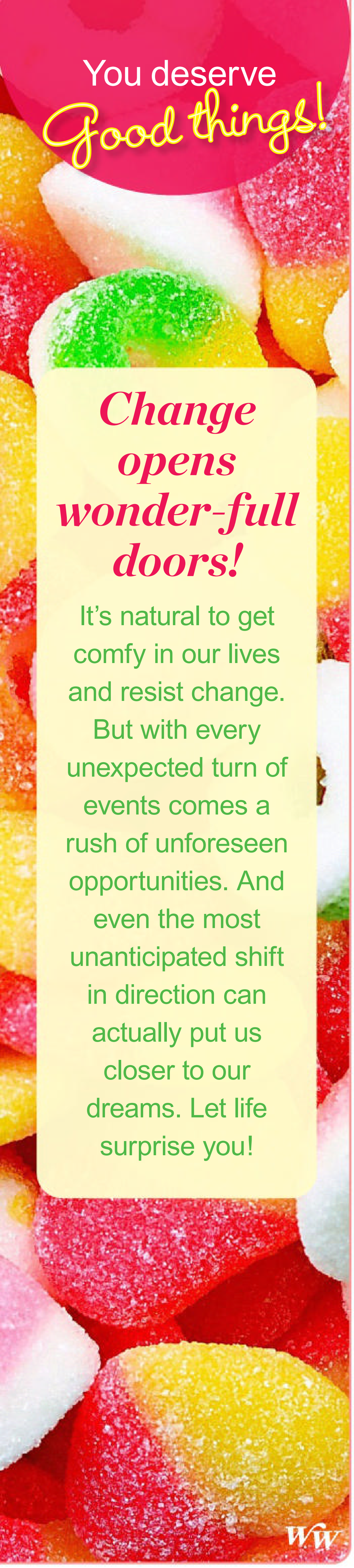


You deserve *Good things!*

Change opens wonder-full doors!

It's natural to get comfy in our lives and resist change. But with every unexpected turn of events comes a rush of unforeseen opportunities. And even the most unanticipated shift in direction can actually put us closer to our dreams. Let life surprise you!

Everyday Hero

Proof that it only takes one person to make a difference

"He swooped down and saved us—in a hot-air balloon!"

When their raft capsized, Geeneva Moraandarte and Roman Jackson were stranded in the middle of nowhere. Their phones were useless. Just as they were losing hope, help literally dropped from the sky!

"I'm so thankful I was able to get them to safety," says balloon operator Eliav

Geeneva Moraandarte and Roman Jackson were enjoying a leisurely raft ride down Seattle's Green River, when they heard a pop. A large branch had punctured a hole in their raft, and within seconds, it was completely submerged.

The couple swam 100 feet to shore but found themselves surrounded by a dense, treacherous forest of sharp blackberry brambles. There was no way they could safely go through it. One cellphone had been damaged; the other couldn't get a signal. They were stranded.

Then, all of a sudden, a hot-air balloon appeared floating high above them.

Eliav Cohen, the chief pilot at Seattle Ballooning, was taking a group of nine passengers on a scenic ride over the Green River. The group was enjoying the spectacular view and capturing breathtaking photos, when Eliav gazed downward and spotted the couple in the water below, frantically waving their arms.

Seeing the capsized raft and familiar with the rough terrain, Eliav knew it would be nearly impossible for them to get to safety on their own. "We have to help them," he told his passengers.

Carefully, Eliav lowered the balloon to the water's surface and called to Geeneva and Roman, "Come out here. We'll help you." Though only waist high, the rushing river water was difficult to wade through. Geeneva and Roman struggled to avoid being swept away.

Finally, they reached the balloon, which was starting to move with the current.

As Geeneva climbed in, Eliav hit the burner that serves as the balloon's engine for 10 seconds to increase the balloon's lift. Then Roman jumped into the passenger compartment, which was already loaded to capacity.

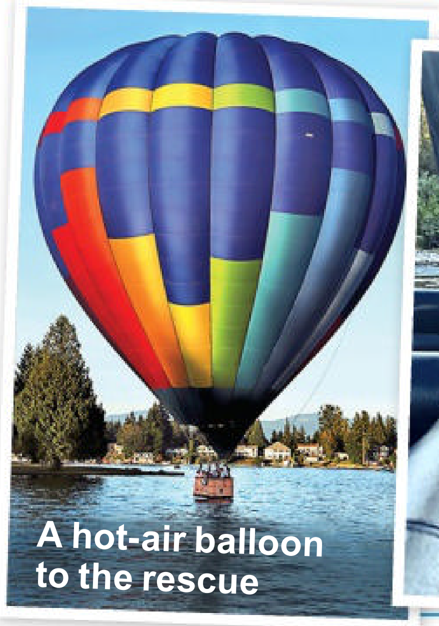
This time, Eliav laid on both burners to compensate for the additional load. *Come on, lift off,* he urged. The heat was enough to get the balloon up and thankfully high enough to clear the 100-foot-tall trees alongside the Green River.

"Thank you!" Geeneva and Roman uttered, relief flooding through them.

Twenty minutes later, they were back at the balloon base and the group celebrated by popping a bottle of champagne.

Two summers later, Geeneva and Roman remain deeply grateful to Eliav. "He saved us," says Geeneva. "He's amazing."

"It was my pleasure to help," Eliav says. "I fly hot-air balloons because I love them. To have the opportunity to save people using my balloon…it was truly a once-in-a-lifetime adventure!" —*Caitlin Devan*



A hot-air balloon to the rescue

The couple wading to safety

Shutterstock (2); Adobe Stock

Has a person or animal come to your rescue? Email the story with your name, phone number and a photo to: WWFeatures@WomansWorldMag.com. Or mail to: Everyday Hero, *Woman's World,* 270 Sylvan Ave., Englewood Cliffs, NJ 07632. By submitting your story, you are granting *Woman's World* permission to use it and your photo in the print magazine, on our website and/or in future special issue publications. Due to high volume, we are unable to return submissions received.

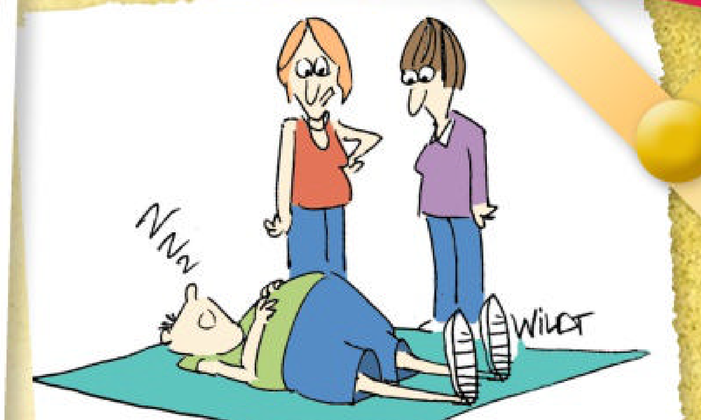
Love & Laughter

Home run!

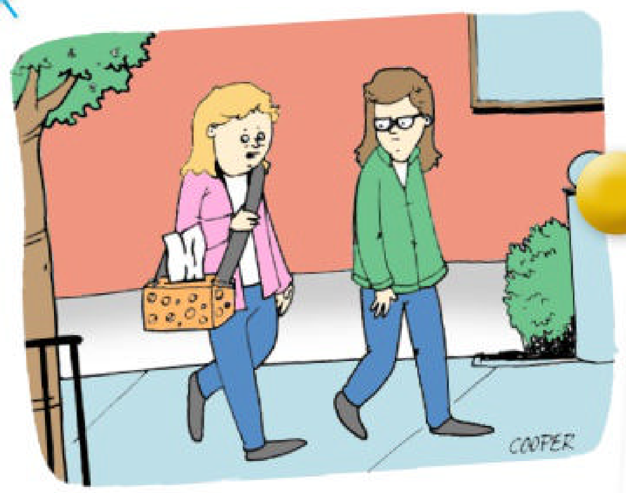
Xander, 1, submitted by mom Jessica Barry, MI

Strike a pose!

Olivia, 3, submitted by grandmother Ruth Riedl, CA



"He uses my yoga mat for his 'deep breathing exercises.' I call it snoring"



"It's part of the new spring collection"

Sittin' pretty!

Aurora, 3, submitted by mother Brittany Fuller, OH

Was my face red!

After ordering lunch at a fast-food restaurant, I saw the only available table was sticky and had crumbs on it. I noticed a young man wiping a nearby table with his back to me, so I waited until he was done, then asked if he could clean my table next. It was when he turned around that I realized he wasn't an employee, but a customer like myself. He smiled and wiped off my table regardless. I was very grateful, but boy, was my face red! *—G.C., Marana, AZ*

> *"One day you will look back and see that all along, you were blooming"*
>
> —Morgan Harper Nichols

"Wanna play?"

Christian, 2, submitted by mother Kelley Neugebauer, DE

"Nothing suspicious to see here!"

submitted by Duane Shewaga, CA

Send us photos of your cutest 'babies' and you may see them in an upcoming issue of *Woman's World*!

Please include the name and age of the child or pet, as well as your name, address, phone number and relationship to the child or breed of the pet. Send to: Love & Laughter, *Woman's World,* 270 Sylvan Avenue, Englewood Cliffs, NJ 07632 or email to LoveAndLaughter@WomansWorldMag.com.

By submitting your photo, you are granting *Woman's World* permission to use it in the print magazine. Due to high volume, we are unable to return submissions received.

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